



## Two-Bean and Mango Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



322 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 15 ounce black beans rinsed drained canned
- 15 ounce navy beans rinsed drained canned
- 0.3 cup cilantro leaves fresh chopped
- 1 mangos diced peeled seeded
- 0.3 cup onion chopped
- 0.3 cup balsamic vinaigrette salad dressing

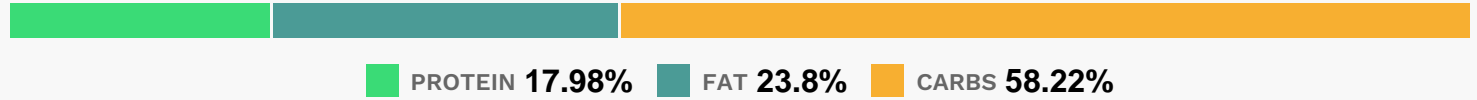
### Equipment

- bowl

# Directions

In a medium salad bowl, mix together the mango, black beans, navy beans, onion and cilantro. Toss with the balsamic vinaigrette dressing. Enjoy right away, or chill until serving.

# Nutrition Facts



# Properties

Glycemic Index:27.69, Glycemic Load:3.8, Inflammation Score:-8, Nutrition Score:18.012608942778%

# Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

# Nutrients (% of daily need)

Calories: 322.31kcal (16.12%), Fat: 8.81g (13.55%), Saturated Fat: 1.67g (10.45%), Carbohydrates: 48.47g (16.16%), Net Carbohydrates: 34.69g (12.61%), Sugar: 8.21g (9.12%), Cholesterol: 0mg (0%), Sodium: 886.04mg (38.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.97g (29.94%), Fiber: 13.78g (55.13%), Folate: 155.53µg (38.88%), Manganese: 0.7mg (34.81%), Vitamin C: 23.46mg (28.44%), Phosphorus: 267.9mg (26.79%), Copper: 0.49mg (24.44%), Magnesium: 93.61mg (23.4%), Iron: 4.11mg (22.82%), Vitamin K: 23.83µg (22.7%), Vitamin B1: 0.32mg (21.23%), Potassium: 741.61mg (21.19%), Vitamin E: 2.04mg (13.62%), Vitamin A: 631.87IU (12.64%), Vitamin B2: 0.21mg (12.35%), Vitamin B6: 0.24mg (12.15%), Selenium: 8.17µg (11.67%), Zinc: 1.46mg (9.74%), Calcium: 95.84mg (9.58%), Vitamin B3: 1.55mg (7.73%), Vitamin B5: 0.5mg (4.98%)