



WHATSheATE



Zesty Three-Bean and Roasted Corn Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



160 kcal

SIDE DISH

Ingredients

- ☐ 1 cup avocado diced
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 16 ounce cannellini beans beans white rinsed drained canned
- ☐ 0.3 teaspoon chile sauce red (such as Cholula)
- ☐ 1 teaspoon chili powder
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.8 cup corn kernels fresh (2 medium ears)
- ☐ 1 tablespoon garlic minced

- ☐ 2.5 cups cut green beans (1-inch) (1 pound)
- ☐ 2 teaspoons ground cumin
- ☐ 1 Dash ground pepper red
- ☐ 1 tablespoon jalapeño minced seeded
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup bell pepper diced red
- ☐ 0.5 cup onion red minced
- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 cup tomatoes diced seeded (2 medium)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add green beans and corn to pan; saut 3 minutes or until lightly browned.
- ☐ Transfer green bean mixture to a large bowl.
- ☐ Add bell pepper and next 5 ingredients (through black beans) to bowl; toss well.
- ☐ Combine juice, vinegar, and next 7 ingredients (through red pepper) in a small bowl; stir with a whisk.
- ☐ Add juice mixture to bean mixture; toss well. Cover and chill 30 minutes. Gently stir in tomato and avocado.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:3.52, Inflammation Score:-7, Nutrition Score:12.824782589208%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 159.96kcal (8%), Fat: 4.27g (6.58%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 25.08g (8.36%), Net Carbohydrates: 17.25g (6.27%), Sugar: 3.21g (3.57%), Cholesterol: 0mg (0%), Sodium: 292.64mg (12.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.55g (15.1%), Vitamin C: 27.88mg (33.8%), Fiber: 7.84g (31.35%), Manganese: 0.51mg (25.44%), Folate: 91.53µg (22.88%), Vitamin K: 20.75µg (19.76%), Potassium: 597.73mg (17.08%), Iron: 3.06mg (17%), Vitamin A: 823.84IU (16.48%), Magnesium: 60.11mg (15.03%), Copper: 0.27mg (13.3%), Phosphorus: 129.74mg (12.97%), Vitamin B1: 0.17mg (11.66%), Vitamin B6: 0.22mg (11.24%), Vitamin E: 1.42mg (9.47%), Vitamin B2: 0.14mg (8.43%), Calcium: 71.9mg (7.19%), Zinc: 1.07mg (7.1%), Vitamin B3: 1.26mg (6.3%), Vitamin B5: 0.59mg (5.9%), Selenium: 1.81µg (2.59%)