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## Black Bean Salad ♦

A refreshing and healthy salad made with black beans, vegetables, and herbs. It can be enjoyed as a side dish or a light meal.

**Recipe Type:** Vegan

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

400 g	Black Beans
150 g	Red Bell Pepper
100 g	red onion
20 g	Cilantro
30 ml	lime juice
30 ml	olive oil

5 g	salt
2 g	black pepper

## Directions

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### Step 1

Rinse and drain the black beans.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 2

Cutting

Dice the red bell pepper and red onion.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Cutting

Chop the cilantro.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Mixing

In a large bowl, combine the black beans, red bell pepper, red onion, and cilantro.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Mixing

In a small bowl, whisk together the lime juice, olive oil, salt, and black pepper.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 6

Mixing

Pour the dressing over the black bean mixture and toss to combine.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 7

Refrigerating

Refrigerate for at least 1 hour before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 155 kcal

**Fat:** 3 g

**Protein:** 7 g

**Carbohydrates:** 26 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	26 g	47.27%	52%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	8 g	21.05%	32%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	3 g	10.71%	12%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	3 mg	0.3%	0.3%
Iron	10 mg	125%	55.56%
Potassium	360 mg	10.59%	13.85%
Zinc	6 mg	54.55%	75%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Picnic

### Course

Salads Sauces & Dressings

### Diet

Ovo-Vegetarian Diet Vegetarian Diet Vegan Diet The Fast Metabolism Diet  
Nutrient Timing Diet The 80/10/10 Diet The Gerson Therapy  
The Swiss Secret Diet The Scarsdale Diet The Cabbage Soup Diet  
The Hallelujah Diet The Mayo Clinic Diet The Beverly Hills Diet  
The Hollywood Diet The Lemonade Diet

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Medium

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