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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

Step 1

Rinse and drain the black beans.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Cutting

Dice the red bell pepper and red onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cutting

Chop the cilantro.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4



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

Prep Time: 0 mins

Cook Time: 0 mins

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

Step 6

Mixing

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

Prep Time: 0 mins

Cook Time: 0 mins

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

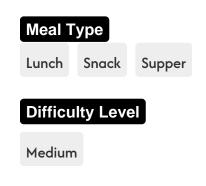
Course

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



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