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Mexican Bean Salad ••

Mexican bean salad is a delicious and healthy dish that is perfect for summer. It is made with a variety of beans, vegetables, and spices, and can be enjoyed as a side dish or a main course. The salad is packed with protein, fiber, and vitamins, making it a nutritious and satisfying meal option. It is also vegan, making it suitable for those following a plant-based diet.

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

200 g	Black Beans
200 g	Kidney Beans
150 g	corn
100 g	Red Bell Pepper

50 g	red onion
25 g	Cilantro
30 ml	lime juice
15 ml	olive oil
1 tsp	cumin
0.5 tsp	salt
0.5 tsp	black pepper

Directions

Step 1

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

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stirring

Pour the dressing over the bean mixture and toss to coat evenly.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Refrigerating

Refrigerate for at least 1 hour to allow the flavors to meld together.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve chilled and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 4 g

Protein: 10 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	10 g	26.32%	40%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	4 g	14.29%	16%
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	50 mg	55.56%	66.67%
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	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	8 mg	72.73%	100%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Cuisines

Mexican

Course

Salads

Snacks

Cultural

Chinese New Year

Cinco de Mayo

Oktoberfest

Demographics

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

The Whole30 Diet

Atkins Diet

Ketogenic Diet

Raw Food Diet

Pescatarian Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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