



Healthdor

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Pinto Bean Salad ♦

A refreshing and healthy salad made with pinto beans, vegetables, and a tangy dressing.

Recipe Type: Vegetarian

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	Pinto Beans
100 g	red onion
150 g	Tomato
100 g	cucumber
100 g	bell pepper
3 tbsp	lime juice
2 tbsp	olive oil

20 g	Cilantro
0.5 tsp	salt
0.25 tsp	black pepper

Directions

Step 1

Rinse and drain the pinto beans.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Chop the red onion, tomato, cucumber, and bell pepper.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the pinto beans, chopped vegetables, lime juice, olive oil, cilantro, salt, and black pepper. Mix well.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Refrigerating

Refrigerate for at least 1 hour before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 4 g

Protein: 7 g

Carbohydrates: 25 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	25 g	45.45%	50%
Fibers	8 g	21.05%	32%
Sugars	3 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	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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	30 mg	33.33%	40%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	450 mg	13.24%	17.31%
Zinc	6 mg	54.55%	75%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer

Events

Barbecue

Picnic

Game Day

Course

Salads

Snacks

Cultural

Chinese New Year

Cost

\$10 to \$20

Demographics

Senior Friendly

Heart Healthy

Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Fruitarian Diet

Engine 2 Diet

Low Sodium Diet

The Fast Metabolism Diet

The Gerson Therapy

The Rice Diet

The Werewolf Diet

Meal Type

Lunch

Difficulty Level

Medium

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