



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Veggie Salad with Brown Rice, Black Beans & Chips

This veggie salad is a delicious and nutritious meal made with brown rice, black beans, and crunchy chips. It is packed with fiber, protein, and vitamins, making it a perfect option for a healthy vegetarian meal. The salad is easy to make and can be enjoyed as a main dish or a side.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Brown Rice
200 g	Black Beans
100 g	chips
100 g	lettuce

100 g	Tomatoes
100 g	cucumber
50 g	red onion
50 g	bell pepper
30 ml	olive oil
30 ml	lemon juice
5 g	salt
2 g	pepper

Directions

Step 1

Boiling

Cook the brown rice according to the package instructions.

Prep Time: 10 mins

Cook Time: 20 mins

Step 2

Rinse and drain the black beans.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Cutting

Chop the lettuce, tomatoes, cucumber, red onion, and bell pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a large bowl, combine the cooked brown rice, black beans, chopped vegetables, olive oil, lemon juice, salt, and pepper.

Prep Time: 3 mins

Cook Time: 0 mins

Step 5

Mixing

Toss everything together until well combined.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve the salad topped with crushed chips.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 8 g

Protein: 10 g

Carbohydrates: 60 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	60 g	109.09%	120%
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	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
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	30 mg	33.33%	40%
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	400 mg	17.39%	17.39%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	8 mg	72.73%	100%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

Visit our website: healthdor.com