

Mexican Salad Bowl

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/jack-astor-s-mexican-salad-bowl-recipe>

Ingredients:

- 1 can black beans washed and drained well, about 400g
- 1 can sweetcorn washed and drained, about 200g
- 8 cherry tomatoes sliced in half
- 1 avocado ripe, diced
- 3 spring onions finely sliced
- 1 clove garlic minced
- juice a lime
- 3 tablespoons fresh coriander chopped
- 3 tablespoons grated cheese
- ice
- lettuce
- 1 small carrot grated
- sour cream to serve
- lime wedges Extra

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 76 grams
3. Cholesterol: 10 milligrams
4. Fat: 18 grams
5. Fiber: 27 grams
6. Protein: 19 grams
7. SaturatedFat: 4 grams
8. Sodium: 880 milligrams
9. Sugar: 17 grams

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