

6-Ingredient Mexican-Style Quinoa Salad

Yield: 3 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/southwestern-mexican-quinoa-salad-recipe>

Ingredients:

- 1/2 cup dry quinoa pre-rinsed
- 15 ounces black beans drained and rinsed
- 1 cup salsa no-sugar added
- 1 cup corn kernels
- 1 teaspoon chili powder
- 1 avocado peeled and small diced

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 59 grams
3. Cholesterol: 5 milligrams
4. Fat: 12 grams
5. Fiber: 19 grams
6. Protein: 26 grams
7. SaturatedFat: 2 grams
8. Sodium: 1660 milligrams
9. Sugar: 6 grams

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