

Fresh Mexican Salad

Yield: 6 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-salad-with-out-corn>

Ingredients:

- 15 ounces black beans rinsed and drained
- 1 1/2 cups frozen corn defrosted, just leave out of freezer for 30 minutes
- 1/4 cup fresh cilantro chopped
- 1 jalapeno seeded and diced
- 3 cups tomatoes chopped, about 5 large tomatoes or 2 pints cherry tomatoes halved
- 2 avocados cut into cubes
- 1 lime large
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 28 grams
3. Fat: 10 grams
4. Fiber: 12 grams
5. Protein: 7 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 380 milligrams
8. Sugar: 4 grams

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