

# Black Bean Salad

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/three-bean-salad-recipe-with-italian-dressing>

## Ingredients:

- 1 can black beans drained and rinsed
- 1/2 cup orange bell pepper diced
- 3/4 cup fresh tomato diced
- 1/2 cup corn kernels
- 1/3 cup English cucumber diced
- 3 green onions sliced thin
- 1 jalapeno deseeded and minced
- 2 tablespoons chopped cilantro finely
- 1 lime
- 1/2 teaspoon canola oil
- 3 dashes cumin
- 3 dashes coriander
- salt
- pepper

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 5 milligrams
4. Fat: 1 grams
5. Fiber: 10 grams
6. Protein: 12 grams
7. Sodium: 830 milligrams
8. Sugar: 4 grams

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