

## Zesty Corn and Mixed Bean Salad-From Pam Cicconi



- 1 can of red kidney beans
- 1 can of black kidney beans
- 1 can of garbanzo beans
- 1 cup of frozen or fresh corn
- 2 ribs of celery
- 2 tablespoons parsley
- 1 cup Chopped red onion
- ¼ cup Vinegar and oil (seasoning of choice)

Rinse beans and mix with corn, celery in a bowl.

Season to taste.

Add dressing and marinade for 1 hour.

Variation: place bean salad in a whole wheat tortilla with lettuce, cubes, or veggie of your choice And roll up.

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>(199g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	
Vitamin D 0mcg	0%
Calcium 69mg	6%
Iron 2mg	10%
Potassium 340mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Multi Column: Zesty Corn and Mixed Bean Salad

Multi-Column

Nutrients	Per Serving
<b>Basic Components</b>	
Gram Weight (g)	198.70
Calories (kcal)	233.01
Calories from Fat (kcal)	69.51
Calories from SatFat (kcal)	10.04
Protein (g)	10.24
Carbohydrates (g)	31.35
Total Dietary Fiber (g)	9.53
Total Soluble Fiber (g)	0
Dietary Fiber (2016) (g)	5.10
Soluble Fiber (2016) (g)	0

Total Sugars (g)	3.83
Added Sugar (g)	0
Monosaccharides (g)	1.75
Disaccharides (g)	0.18
Other Carbs (g)	13.55
Fat (g)	8.02
Saturated Fat (g)	1.12
Mono Fat (g)	4.75
Poly Fat (g)	1.50
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	146.41
Vitamins	
Vitamin A - IU (IU)	154.84
Vitamin A - RAE (mcg)	7.37
Carotenoid RE (mcg)	11.85
Retinol RE (mcg)	0
Beta-Carotene (mcg)	78.68
Vitamin B1 - Thiamin (mg)	0.17
Vitamin B2 - Riboflavin (mg)	0.05
Vitamin B3 - Niacin (mg)	0.64
Vitamin B3 - Niacin Equiv (mg)	1.08
Vitamin B6 (mg)	0.30
Vitamin B12 (mcg)	0
Biotin (mcg)	0.63
Vitamin C (mg)	4.29
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0
Vitamin E - Alpha-Toco (mg)	0.45

Folate (mcg) 96.37

Folate, DFE (mcg DFE) 96.37

Vitamin K (mcg) 18.13

Pantothenic Acid (mg) 0.19

#### Minerals

Calcium (mg) 69.42

Chromium (mcg) 0.03

Copper (mg) 0.19

Fluoride (mg) 0.00

Iodine (mcg) 0.36

Iron (mg) 2.47

Magnesium (mg) 55.82

Manganese (mg) 0.43

Molybdenum (mcg) 36.77

Phosphorus (mg) 126.94

Potassium (mg) 340.04

Selenium (mcg) 1.73

Sodium (mg) 339.78

Zinc (mg) 0.98

#### Poly Fats

Omega 3 Fatty Acid (g) 0.07

Omega 6 Fatty Acid (g) 0.55

#### Other Nutrients

Alcohol (g) 0

Caffeine (mg) 0

Choline (mg) 36.15