

Zesty Corn and Mixed Bean Salad Sandwich- From Pam Cicconi

Serves 10



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
¼ cup oil
(seasoning of choice)

Rinse beans and mix with corn, celery in a bowl.
Season to taste.
Add vinegar and oil 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.

10 Whole wheat tortillas
5 cups lettuce
1 cup of fresh cucumber

Nutrition Facts

servings per container

Serving size (263g)

Amount per serving

Calories **350**

% Daily Value*

Total Fat 11g **14%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 630mg **27%**

Total Carbohydrate 52g **19%**

Dietary Fiber 5g **18%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 14g

Vitamin D 0mcg **0%**

Calcium 77mg **6%**

Iron 3mg **15%**

Potassium 321mg **6%**

*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 Sandwich

Multi-Column

Nutrients Per Serving

Basic Components

Gram Weight (g) 262.57

Calories (kcal) 346.27

Calories from Fat (kcal) 94.16

Calories from SatFat (kcal) 18.07

Protein (g) 13.62

Carbohydrates (g) 51.59

Total Dietary Fiber (g) 11.96

Total Soluble Fiber (g) 0.01

Dietary Fiber (2016) (g) 4.97

Soluble Fiber (2016) (g) 0

Total Sugars (g) 4.29

Added Sugar (g)	0
Monosaccharides (g)	1.75
Disaccharides (g)	0.17
Other Carbs (g)	31.35
Fat (g)	10.73
Saturated Fat (g)	2.01
Mono Fat (g)	4.28
Poly Fat (g)	1.36
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	141.68
Vitamins	
Vitamin A - IU (IU)	900.27
Vitamin A - RAE (mcg)	44.68
Carotenoid RE (mcg)	86.76
Retinol RE (mcg)	0
Beta-Carotene (mcg)	75.49
Vitamin B1 - Thiamin (mg)	0.15
Vitamin B2 - Riboflavin (mg)	0.05
Vitamin B3 - Niacin (mg)	0.59
Vitamin B3 - Niacin Equiv (mg)	0.99
Vitamin B6 (mg)	0.27
Vitamin B12 (mcg)	0
Biotin (mcg)	0.66
Vitamin C (mg)	11.16
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0
Vitamin E - Alpha-Toco (mg)	0.41
Folate (mcg)	127.46

Folate, DFE (mcg DFE) 87.46

Vitamin K (mcg) 47.36

Pantothenic Acid (mg) 0.20

Minerals

Calcium (mg) 77.48

Chromium (mcg) 0.02

Copper (mg) 0.18

Fluoride (mg) 0.00

Iodine (mcg) 0.32

Iron (mg) 2.61

Magnesium (mg) 51.59

Manganese (mg) 0.39

Molybdenum (mcg) 33.61

Phosphorus (mg) 116.75

Potassium (mg) 321.32

Selenium (mcg) 1.59

Sodium (mg) 627.68

Zinc (mg) 0.90

Poly Fats

Omega 3 Fatty Acid (g) 0.06

Omega 6 Fatty Acid (g) 0.49

Other Nutrients

Alcohol (g) 0

Caffeine (mg) 0

Choline (mg) 33.16