



# WESTERN WISCONSIN HEALTH

## **BLACK BEAN SOUTHWESTERN SALAD** **(GLUTEN FREE)**

1 can black beans, drained and rinsed  
1 can corn, drained  
1 medium tomato, diced  
Green onions or 1/2 C. diced onions  
Cilantro to taste

<b>Nutrition Facts</b>	
Serving Size (262g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 180	Calories from Fat 20
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber 8g	<b>32%</b>
Sugars 2g	
<b>Protein</b> 8g	
Vitamin A 2%	• Vitamin C 15%
Calcium 6%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Add all ingredients together and chill. Serve over lettuce; add fat-free sour cream and salsa or with baked tortilla chips if desired.

NUTRITION FACTS: Serving size: 4 servings