



## Amy's Kidney Bean Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



410 kcal

SIDE DISH

### Ingredients

- 1 bell pepper green chopped
- 8 servings salt and ground pepper black to taste
- 6 hardboiled eggs chopped
- 1 cup mayonnaise
- 2 tablespoons milk
- 32 ounce kidney beans dark red drained and rinsed canned
- 1 small onion red chopped
- 2 tablespoons vinegar

1 tablespoon sugar white

## Equipment

bowl

whisk

## Directions

Whisk mayonnaise, milk, vinegar, sugar, salt, and black pepper together in a medium-large bowl until well combined.

Stir kidney beans, hard-boiled eggs, green bell pepper, and red onion into the mayonnaise mixture. Eat immediately or refrigerate before serving.

## Nutrition Facts



**PROTEIN 14.77%** **FAT 55.99%** **CARBS 29.24%**

## Properties

Glycemic Index:38.55, Glycemic Load:7, Inflammation Score:-6, Nutrition Score:17.092608752458%

## Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 10.85mg, Quercetin: 10.85mg, Quercetin: 10.85mg, Quercetin: 10.85mg

## Nutrients (% of daily need)

Calories: 410.01kcal (20.5%), Fat: 25.66g (39.47%), Saturated Fat: 4.67g (29.18%), Carbohydrates: 30.14g (10.05%), Net Carbohydrates: 21.24g (7.72%), Sugar: 3.56g (3.96%), Cholesterol: 152.09mg (50.69%), Sodium: 229.1mg (9.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.23g (30.46%), Vitamin K: 56.61µg (53.91%), Folate: 169.43µg (42.36%), Fiber: 8.9g (35.61%), Manganese: 0.6mg (30.18%), Phosphorus: 242.47mg (24.25%), Iron: 3.93mg (21.83%), Selenium: 13.73µg (19.61%), Vitamin C: 14.34mg (17.38%), Vitamin B2: 0.28mg (16.29%), Potassium: 563.01mg (16.09%), Copper: 0.3mg (15.08%), Vitamin B1: 0.23mg (15.07%), Magnesium: 58.58mg (14.65%), Vitamin B6: 0.24mg (11.8%), Zinc: 1.71mg (11.39%), Vitamin E: 1.4mg (9.33%), Vitamin B5: 0.87mg (8.69%), Vitamin B12: 0.47µg (7.83%), Calcium: 62.7mg (6.27%), Vitamin D: 0.92µg (6.15%), Vitamin A: 275.13IU (5.5%), Vitamin B3: 0.77mg (3.86%)