



Bean Relish



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



392 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce kidney beans rinsed drained canned
- ☐ 2 teaspoons mustard dry
- ☐ 1 clove garlic minced
- ☐ 2 cups mayonnaise
- ☐ 0.5 cup onion minced
- ☐ 2 cups relish sweet
- ☐ 1 teaspoon salt
- ☐ 1 dash pepper white

Equipment

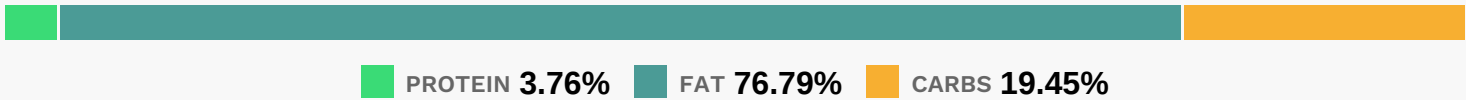
☐

bowl

Directions

- ☐ In a medium bowl, stir together beans, onion, garlic, mayonnaise, and relish. Season with salt, white pepper, and mustard.
- ☐ Mix well, and refrigerate for several hours before serving.

Nutrition Facts



Properties

Glycemic Index:15.9, Glycemic Load:2.57, Inflammation Score:-3, Nutrition Score:7.4769566110943%

Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 391.76kcal (19.59%), Fat: 34.05g (52.39%), Saturated Fat: 5.31g (33.18%), Carbohydrates: 19.4g (6.47%), Net Carbohydrates: 16.05g (5.84%), Sugar: 1.46g (1.63%), Cholesterol: 18.82mg (6.27%), Sodium: 1165.98mg (50.69%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.75g (7.5%), Vitamin K: 74.94µg (71.37%), Fiber: 3.35g (13.41%), Vitamin E: 1.5mg (10%), Manganese: 0.17mg (8.62%), Phosphorus: 83.28mg (8.33%), Iron: 1.35mg (7.48%), Magnesium: 25.78mg (6.44%), Copper: 0.12mg (6.14%), Vitamin B1: 0.08mg (5.31%), Potassium: 180.91mg (5.17%), Folate: 16.71µg (4.18%), Vitamin B2: 0.06mg (3.65%), Selenium: 2.45µg (3.5%), Zinc: 0.49mg (3.29%), Vitamin B6: 0.06mg (3.11%), Vitamin B3: 0.5mg (2.49%), Calcium: 23.03mg (2.3%), Vitamin A: 110.93IU (2.22%), Vitamin C: 1.59mg (1.92%), Vitamin B5: 0.15mg (1.54%)