

## Best Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



500 min.

SERVINGS



12

CALORIES



185 kcal

SIDE DISH

### Ingredients

- 14.5 ounce black beans drained canned
- 15.5 ounce garbanzo beans drained canned
- 14.5 ounce kidney beans drained canned
- 0.5 cup celery chopped
- 14.5 ounce green beans drained canned
- 0.5 cup bell pepper green chopped
- 0.5 teaspoon ground pepper black
- 0.5 cup onion chopped

- 0.5 cup salad oil
- 0.5 teaspoon salt
- 0.5 cup vinegar
- 14.5 ounce turtle beans drained canned
- 0.8 cup sugar white

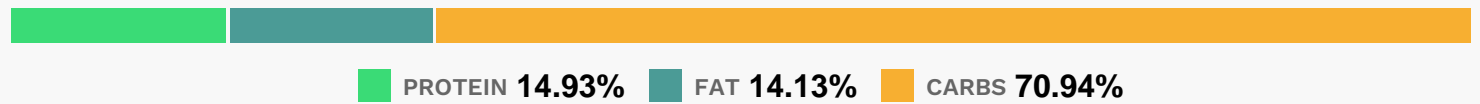
## Equipment

- bowl
- whisk

## Directions

- Combine the green beans, wax beans, garbanzo beans, kidney beans, green pepper, onion, and celery in a large bowl; toss to mix.
- Whisk together the oil, vinegar, salt, pepper, and sugar in a separate bowl until the sugar is dissolved; pour over the bean mixture. Refrigerate 8 hours or overnight before serving.

## Nutrition Facts



## Properties

Glycemic Index:31.95, Glycemic Load:13.09, Inflammation Score:-6, Nutrition Score:10.724347788355%

## Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

## Nutrients (% of daily need)

Calories: 185.34kcal (9.27%), Fat: 3.01g (4.64%), Saturated Fat: 0.29g (1.81%), Carbohydrates: 34.06g (11.35%), Net Carbohydrates: 26.52g (9.64%), Sugar: 14.72g (16.35%), Cholesterol: 0mg (0%), Sodium: 426.21mg (18.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.33%), Fiber: 7.54g (30.15%), Manganese: 0.59mg (29.54%), Vitamin C: 18.22mg (22.09%), Folate: 87.93µg (21.98%), Vitamin K: 19.32µg (18.4%), Vitamin B6: 0.29mg

(14.65%), Phosphorus: 133.38mg (13.34%), Magnesium: 51.97mg (12.99%), Iron: 2.32mg (12.89%), Potassium: 424.31mg (12.12%), Copper: 0.23mg (11.53%), Vitamin B1: 0.13mg (8.78%), Calcium: 67.86mg (6.79%), Vitamin B2: 0.11mg (6.68%), Zinc: 0.9mg (5.98%), Vitamin A: 285.68IU (5.71%), Vitamin B3: 0.73mg (3.66%), Vitamin E: 0.51mg (3.4%), Vitamin B5: 0.32mg (3.2%), Selenium: 1.94µg (2.78%)