



Cuban Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



140 min.

SERVINGS



20

CALORIES



71 kcal

SIDE DISH

Ingredients

- 15 oz black beans rinsed drained canned
- 15 oz chickpeas rinsed drained canned (garbanzo beans)
- 15 oz pinto beans rinsed drained canned
- 1 stalk celery sliced
- 0.5 cup cilantro leaves chopped
- 2 green onions sliced
- 2 tsp ground cumin
- 1.5 cups claussen kosher dill pickles chopped

- 2 Tbsp juice of lemon
- 0.5 cup olive oil
- 0.3 tsp oregano leaves dried
- 1 jalapeño pepper fresh seeded finely chopped
- 0.5 bell pepper red cut into 2-inch strips
- 1 tomatoes chopped
- 2 Tbsp citrus champagne vinegar

Equipment

- bowl

Directions

- Mix oil, cilantro, lemon juice, vinegar, cumin, jalapeno pepper and oregano in large bowl until well blended.
- Add remaining ingredients; mix lightly. Cover. Refrigerate 2 hours or overnight. Stir gently just before serving.

Nutrition Facts



PROTEIN 19.37% **FAT 22.22%** **CARBS 58.41%**

Properties

Glycemic Index:14.67, Glycemic Load:1.93, Inflammation Score:-3, Nutrition Score:5.1043478613314%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 70.51kcal (3.53%), Fat: 1.8g (2.77%), Saturated Fat: 0.25g (1.57%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 6.91g (2.51%), Sugar: 0.74g (0.83%), Cholesterol: 0mg (0%), Sodium: 287.31mg (12.49%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.07%), Manganese: 0.33mg (16.36%), Fiber: 3.75g (14.99%), Vitamin C: 6.62mg (8.02%), Vitamin K: 8.07µg (7.69%), Vitamin B6: 0.15mg (7.5%), Folate: 28.66µg (7.16%), Iron: 1.22mg (6.78%), Phosphorus: 65.96mg (6.6%), Copper: 0.12mg (6.01%), Magnesium: 23.58mg (5.89%), Potassium: 204.91mg (5.85%), Vitamin A: 219.27IU (4.39%), Vitamin B1: 0.06mg (3.97%), Calcium: 36.06mg (3.61%), Zinc: 0.43mg (2.88%), Vitamin E: 0.41mg (2.7%), Vitamin B2: 0.05mg (2.69%), Vitamin B5: 0.16mg (1.63%), Vitamin B3: 0.32mg (1.62%), Selenium: 0.74µg (1.06%)