

## Easy Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



146 kcal

SIDE DISH

### Ingredients

- ☐ 15 ounce black beans drained and rinsed canned
- ☐ 15 ounce .5 can cannellini beans drained and rinsed canned
- ☐ 15 ounce garbanzo beans drained and rinsed canned
- ☐ 8 ounce water chestnuts drained chopped canned
- ☐ 0.3 cup dressing fat free french
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.8 cup salsa
- ☐ 12 servings salt and pepper to taste

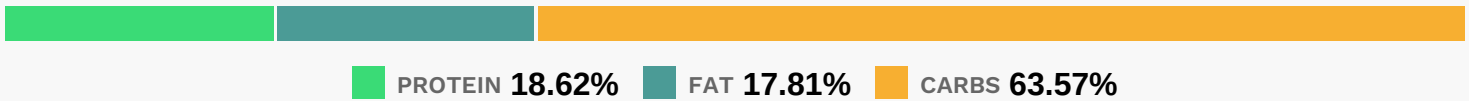
# Equipment

☐ bowl

# Directions

☐ In a large bowl, toss together the black beans, garbanzo beans, cannellini beans, water chestnuts, salsa, and dressing. Season with garlic powder, and salt and pepper. Cover, and chill until serving.

# Nutrition Facts



# Properties

Glycemic Index:6.36, Glycemic Load:3.1, Inflammation Score:-4, Nutrition Score:8.5973912163273%

# Nutrients (% of daily need)

Calories: 145.52kcal (7.28%), Fat: 2.98g (4.59%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 23.96g (7.99%), Net Carbohydrates: 17.08g (6.21%), Sugar: 2.36g (2.62%), Cholesterol: 0mg (0%), Sodium: 573.52mg (24.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.03%), Manganese: 0.61mg (30.33%), Fiber: 6.87g (27.48%), Vitamin B6: 0.29mg (14.67%), Iron: 2.52mg (14%), Folate: 55.92µg (13.98%), Copper: 0.25mg (12.32%), Potassium: 404.92mg (11.57%), Phosphorus: 111.56mg (11.16%), Magnesium: 44.46mg (11.11%), Vitamin K: 8.07µg (7.69%), Vitamin B1: 0.11mg (7.09%), Zinc: 0.99mg (6.58%), Vitamin E: 0.89mg (5.91%), Calcium: 57.98mg (5.8%), Vitamin B2: 0.08mg (4.52%), Vitamin B5: 0.31mg (3.12%), Vitamin B3: 0.61mg (3.04%), Selenium: 2.12µg (3.03%), Vitamin A: 108.9IU (2.18%), Vitamin C: 1.68mg (2.04%)