



WHATSheATE



Edamame-Black Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



5

CALORIES



262 kcal

SIDE DISH

Ingredients



0.5 cup balsamic vinaigrette



1 cup bell pepper chopped



15 oz black beans rinsed drained canned



12 oz edamame frozen shelled



0.3 cup parsley fresh chopped



0.3 cup spring onion sliced



0.3 teaspoon pepper black



2 medium plum tomatoes chopped (Roma)

☐ 0.3 teaspoon salt

Equipment

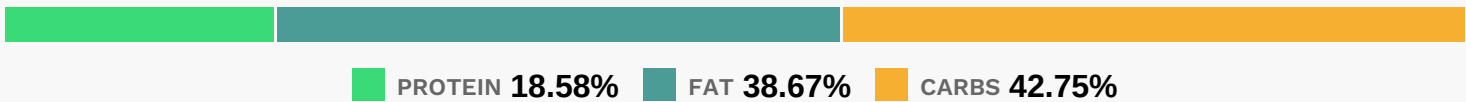
☐ bowl

☐ sauce pan

Directions

- ☐ In 2-quart saucepan, cook edamame according to package directions; drain and rinse with cold water.
- ☐ In large bowl, toss edamame with remaining ingredients.
- ☐ Serve immediately or refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:33.2, Glycemic Load:0.75, Inflammation Score:-8, Nutrition Score:15.136956510337%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 261.82kcal (13.09%), Fat: 11.35g (17.46%), Saturated Fat: 0.88g (5.51%), Carbohydrates: 28.23g (9.41%), Net Carbohydrates: 18.43g (6.7%), Sugar: 4.67g (5.19%), Cholesterol: 0mg (0%), Sodium: 660.19mg (28.7%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 12.27g (24.54%), Vitamin K: 63.13µg (60.13%), Vitamin C: 48.77mg (59.11%), Fiber: 9.8g (39.21%), Vitamin A: 1446.14IU (28.92%), Iron: 3.92mg (21.77%), Potassium: 722.47mg (20.64%), Folate: 77.08µg (19.27%), Manganese: 0.29mg (14.28%), Phosphorus: 109.3mg (10.93%), Calcium: 101.03mg (10.1%), Vitamin B1: 0.15mg (9.98%), Magnesium: 38.74mg (9.69%), Copper: 0.19mg (9.65%), Vitamin B2: 0.14mg (8.19%), Vitamin B6: 0.16mg (7.97%), Vitamin B3: 1.03mg (5.17%), Vitamin E: 0.66mg (4.37%), Zinc: 0.63mg (4.19%), Vitamin B5: 0.29mg (2.9%), Selenium: 1.17µg (1.68%)