



WHATSheATE



HEALTH SCORE

100%

Five Bean Picnic Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



269 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



6 servings pepper black freshly ground



14 ounce blackeyed peas drained and rinsed canned



14 ounce garbanzo beans drained and rinsed canned



14 ounce kidney beans drained and rinsed canned



2 tablespoons parsley fresh chopped for garnish



0.8 pound green beans trimmed halved



6 servings hot sauce



6 servings kosher salt

- ☐ 2 tablespoons oregano fresh chopped
- ☐ 1 bunch spring onion white thinly sliced
- ☐ 1 bell pepper diced red yellow (or orange or)
- ☐ 0.8 pound turtle beans yellow trimmed halved

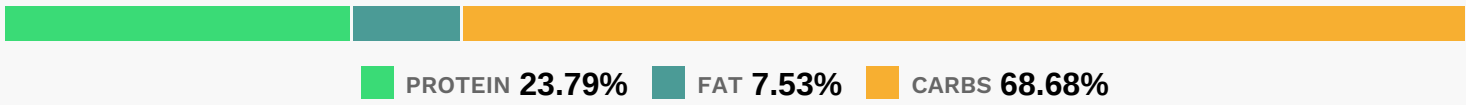
Equipment

- ☐ pot
- ☐ colander

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Add a generous sprinkling of salt and the fresh beans, and cook until the beans are just tender, about 8 minutes.
- ☐ Drain the beans in a colander, and shock in ice water to stop the cooking process.
- ☐ Drain again and set aside.
- ☐ Place the fresh and canned beans, scallions, bell pepper, parsley, marjoram, and Champagne Vinaigrette in a large bowl, and toss to combine. Season the salad to taste with salt, pepper, and hot sauce.
- ☐ Reprinted with permission from Down Home with the Neelys by Patrick and Gina Neely, (C) 2009 Knopf

Nutrition Facts



Properties

Glycemic Index:52.6, Glycemic Load:11.71, Inflammation Score:-10, Nutrition Score:27.813478428385%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg

Nutrients (% of daily need)

Calories: 268.54kcal (13.43%), Fat: 2.36g (3.63%), Saturated Fat: 0.34g (2.15%), Carbohydrates: 48.5g (16.17%), Net Carbohydrates: 32.72g (11.9%), Sugar: 5.25g (5.83%), Cholesterol: 0mg (0%), Sodium: 393.72mg (17.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.8g (33.6%), Folate: 333.21µg (83.3%), Manganese: 1.42mg (71.03%), Vitamin K: 72.71µg (69.25%), Fiber: 15.78g (63.14%), Vitamin C: 47.97mg (58.15%), Iron: 6.48mg (35.99%), Vitamin B6: 0.62mg (30.88%), Phosphorus: 303.18mg (30.32%), Magnesium: 120.7mg (30.17%), Copper: 0.54mg (26.91%), Potassium: 866.65mg (24.76%), Vitamin A: 1213.31IU (24.27%), Vitamin B1: 0.32mg (21.62%), Zinc: 2.51mg (16.71%), Calcium: 137.34mg (13.73%), Vitamin B2: 0.17mg (10.24%), Vitamin B5: 0.83mg (8.31%), Vitamin B3: 1.52mg (7.62%), Vitamin E: 1.09mg (7.26%), Selenium: 4.24µg (6.05%)