



Four-Bean Relish



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



280 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 12 ounce black beans drained and rinsed canned
- ☐ 12 ounce chickpeas drained and rinsed canned
- ☐ 12 ounce pinto beans drained and rinsed canned
- ☐ 12 ounce beans white drained and rinsed canned
- ☐ 3 tablespoons honey
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.8 cup onion diced red finely

- ☐ 0.3 cup red wine vinegar
- ☐ 0.3 cup roasted bell peppers diced red jarred
- ☐ 0.3 cup scallions sliced (3 scallions)
- ☐ 8 servings sea salt and freshly cracked pepper

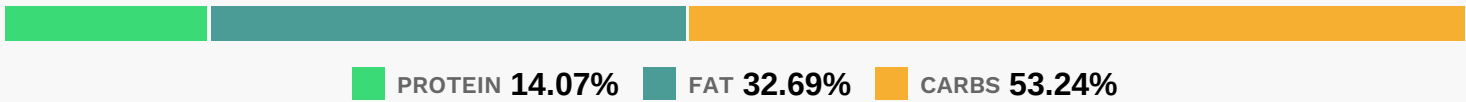
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk the red wine vinegar, balsamic vinegar, olive oil, 1/2 teaspoon sea salt, and pepper to taste in a large bowl.
- ☐ Add the scallions, red onion, Peppadew peppers, honey, white beans, chickpeas, pinto beans and black beans and toss to coat.
- ☐ Let sit in the refrigerator at least 2 hours to allow the flavors to blend.
- ☐ Mix thoroughly before serving.
- ☐ Photograph by Kat Teutsch

Nutrition Facts



Properties

Glycemic Index:34.7, Glycemic Load:10.16, Inflammation Score:-5, Nutrition Score:12.053913147553%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 279.66kcal (13.98%), Fat: 10.35g (15.92%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 37.92g (12.64%), Net Carbohydrates: 28.72g (10.44%), Sugar: 8.92g (9.91%), Cholesterol: 0mg (0%), Sodium: 655.51mg (28.5%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.02g (20.05%), Manganese: 0.85mg (42.72%), Fiber: 9.21g (36.83%), Folate: 80.13µg (20.03%), Iron: 3.53mg (19.6%), Copper: 0.33mg (16.72%), Phosphorus: 166.77mg (16.68%), Magnesium: 66.21mg (16.55%), Potassium: 556.58mg (15.9%), Vitamin B6: 0.32mg (15.87%), Vitamin K: 14.07µg (13.4%), Vitamin E: 1.89mg (12.63%), Vitamin B1: 0.15mg (9.72%), Calcium: 91.72mg (9.17%), Zinc: 1.31mg (8.73%), Vitamin C: 5.31mg (6.44%), Vitamin B2: 0.09mg (5.34%), Vitamin B5: 0.37mg (3.7%), Selenium: 2.25µg (3.22%), Vitamin B3: 0.55mg (2.74%), Vitamin A: 62.29IU (1.25%)