

Four-Bean Salad

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

251 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 15 ounce chickpeas rinsed drained canned
- ☐ 2 teaspoons dijon mustard
- ☐ 1.5 cups baby lima beans frozen thawed
- ☐ 0.8 pound green beans trimmed
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 small onions red thinly sliced into rings
- ☐ 0.8 pound turtle beans yellow trimmed

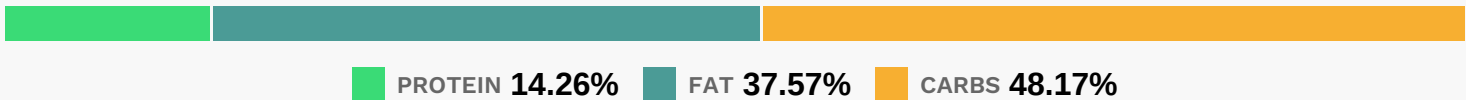
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Steam the green, wax, and lima beans 10 minutes, or just until crisp-tender. Plunge into cold water and drain.
- ☐ Place in a bowl with chickpeas and onions.
- ☐ Whisk together the oil, vinegar, and mustard, and add salt and freshly ground pepper to taste.
- ☐ Drizzle over the beans and onions and toss to coat. Salad can be served at room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:34.89, Glycemic Load:5.26, Inflammation Score:-7, Nutrition Score:15.189130492832%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.99mg, Quercetin: 8.99mg, Quercetin: 8.99mg, Quercetin: 8.99mg

Nutrients (% of daily need)

Calories: 251.3kcal (12.56%), Fat: 10.89g (16.76%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 31.43g (10.48%), Net Carbohydrates: 22.77g (8.28%), Sugar: 3.46g (3.84%), Cholesterol: 0mg (0%), Sodium: 245.51mg (10.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.3g (18.6%), Manganese: 1.06mg (53.15%), Fiber: 8.65g (34.62%), Vitamin C: 25.02mg (30.32%), Vitamin K: 29.97µg (28.54%), Folate: 111.69µg (27.92%), Vitamin B6: 0.53mg (26.3%), Magnesium: 73.96mg (18.49%), Iron: 3.15mg (17.52%), Potassium: 587.11mg (16.77%), Phosphorus: 155.46mg (15.55%), Copper: 0.26mg (12.79%), Vitamin E: 1.54mg (10.28%), Vitamin A: 481.26IU (9.63%), Calcium: 95.75mg (9.57%), Vitamin B1: 0.14mg (9.06%), Zinc: 1.19mg (7.91%), Vitamin B2: 0.11mg (6.55%), Vitamin B3: 0.98mg (4.9%), Selenium: 3.38µg (4.82%), Vitamin B5: 0.47mg (4.66%)