



Grandma's Sweet and Tangy Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



10

CALORIES



217 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce kidney beans drained canned
- ☐ 1 cup celery chopped
- ☐ 15.3 ounce corn kernels drained canned
- ☐ 1 cup cucumber diced
- ☐ 15 ounce green beans drained canned
- ☐ 1 cup bell pepper green chopped
- ☐ 1 cup onion chopped
- ☐ 8 ounce peas sweet drained canned

- ☐ 1 teaspoon salt
- ☐ 0.5 cup vegetable oil
- ☐ 14.5 ounce turtle beans drained canned
- ☐ 1 cup sugar white
- ☐ 0.8 cup vinegar white

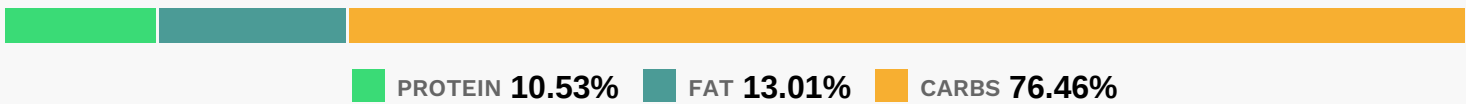
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Mix green beans, kidney beans, wax beans, corn, sweet peas, celery, onion, cucumber, and green bell pepper together in a bowl.
- ☐ Stir vinegar, sugar, vegetable oil, and salt together in a saucepan; bring to a boil until sugar is dissolved, about 5 minutes. Set aside to cool.
- ☐ Pour vinegar mixture over bean mixture; marinate in the refrigerator for at least 2 hours or overnight.
- ☐ Drain salad of extra marinade before serving.

Nutrition Facts



Properties

Glycemic Index:32.61, Glycemic Load:17.91, Inflammation Score:-7, Nutrition Score:11.663478198259%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg

Nutrients (% of daily need)

Calories: 216.65kcal (10.83%), Fat: 3.29g (5.06%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 43.48g (14.49%), Net Carbohydrates: 37.06g (13.48%), Sugar: 26.14g (29.05%), Cholesterol: 0mg (0%), Sodium: 487.03mg (21.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.97%), Vitamin C: 30.52mg (37%), Vitamin K: 33.82µg (32.21%), Fiber: 6.41g (25.65%), Folate: 97.66µg (24.42%), Manganese: 0.38mg (19.18%), Vitamin A: 770.02IU (15.4%), Potassium: 461.92mg (13.2%), Magnesium: 50.41mg (12.6%), Phosphorus: 124.63mg (12.46%), Iron: 1.98mg (11.02%), Vitamin B6: 0.19mg (9.58%), Copper: 0.19mg (9.46%), Vitamin B1: 0.14mg (9.03%), Vitamin B2: 0.14mg (8.12%), Vitamin B3: 1.31mg (6.54%), Calcium: 64.96mg (6.5%), Zinc: 0.92mg (6.12%), Vitamin B5: 0.42mg (4.16%), Vitamin E: 0.49mg (3.29%), Selenium: 1.63µg (2.32%)