



Green Beans, Corn, and Pea Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



210 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 16 oz baby peas green frozen thawed
- 16 oz french-cut green beans frozen thawed
- 16 oz regular corn white frozen thawed
- 0.3 teaspoon pepper
- 1 medium size bell pepper red chopped
- 0.3 teaspoon salt
- 0.3 cup sugar
- 0.3 cup vegetable oil

0.5 cup citrus champagne vinegar

Equipment

bowl

whisk

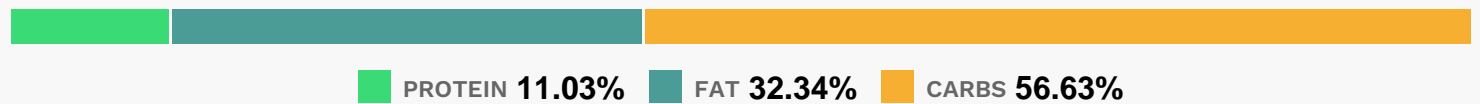
slotted spoon

Directions

Whisk together first 5 ingredients in a large bowl.

Add red bell pepper and remaining ingredients; toss to coat. Cover and chill at least 2 hours or up to 8 hours. Stir before serving with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:28.05, Glycemic Load:7.86, Inflammation Score:-8, Nutrition Score:15.319565285807%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 209.65kcal (10.48%), Fat: 8.03g (12.35%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 31.63g (10.54%), Net Carbohydrates: 25.01g (9.09%), Sugar: 16.31g (18.12%), Cholesterol: 0mg (0%), Sodium: 82.47mg (3.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.16g (12.33%), Vitamin C: 52.23mg (63.31%), Vitamin K: 52.03µg (49.55%), Fiber: 6.62g (26.49%), Vitamin A: 1292.18IU (25.84%), Manganese: 0.51mg (25.41%), Folate: 73.76µg (18.44%), Vitamin B1: 0.26mg (17.1%), Vitamin B6: 0.29mg (14.56%), Phosphorus: 140.1mg (14.01%), Vitamin B3: 2.69mg (13.46%), Magnesium: 52.95mg (13.24%), Potassium: 439.04mg (12.54%), Vitamin B2: 0.18mg (10.46%), Iron: 1.87mg (10.4%), Copper: 0.18mg (8.83%), Zinc: 1.19mg (7.92%), Vitamin E: 1.15mg (7.67%), Vitamin B5: 0.66mg (6.59%), Calcium: 38.61mg (3.86%), Selenium: 1.87µg (2.67%)