



Ham and Four Bean Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



359 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 15.5 ounce garbanzo beans rinsed drained canned (garbanzo beans)
- ☐ 16 ounce lima beans rinsed drained canned
- ☐ 15 ounce beans red rinsed drained canned
- ☐ 0.5 cup apple cider vinegar
- ☐ 1 teaspoon olive oil extravirgin
- ☐ 1.5 cups spring onion chopped

- ☐ 0.5 teaspoon ground cumin
- ☐ 8 ounces ham finely chopped
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon sugar

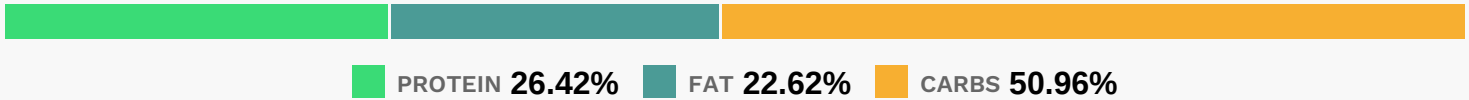
Equipment

- ☐ whisk

Directions

- ☐ Combine first 6 ingredients.
- ☐ Combine vinegar and remaining ingredients, stirring with a whisk.
- ☐ Drizzle over bean mixture; toss gently to coat. Cover and chill at least 2 hours. Toss gently before serving.

Nutrition Facts



Properties

Glycemic Index:51.24, Glycemic Load:9.88, Inflammation Score:-7, Nutrition Score:23.575217132983%

Flavonoids

Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 359.3kcal (17.96%), Fat: 9.11g (14.02%), Saturated Fat: 2.65g (16.55%), Carbohydrates: 46.18g (15.39%), Net Carbohydrates: 30.01g (10.91%), Sugar: 2.64g (2.94%), Cholesterol: 23.44mg (7.81%), Sodium: 1413.63mg (61.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.95g (47.9%), Manganese: 1.35mg (67.54%), Fiber: 16.18g (64.7%), Vitamin K: 55.13µg (52.51%), Phosphorus: 358.83mg (35.88%), Folate: 134.93µg (33.73%), Vitamin B6: 0.67mg (33.53%), Vitamin B1: 0.48mg (32.09%), Iron: 5.36mg (29.77%), Magnesium: 109.19mg (27.3%), Copper: 0.54mg (27.21%), Potassium: 869.55mg (24.84%), Selenium: 15.33µg (21.9%), Zinc: 2.81mg (18.73%), Vitamin B2: 0.27mg (16.09%), Vitamin B3: 2.91mg (14.54%), Calcium: 110.69mg (11.07%), Vitamin C: 7.27mg (8.81%), Vitamin B5: 0.83mg (8.29%), Vitamin A: 265.42IU (5.31%), Vitamin B12: 0.24µg (4.03%), Vitamin E: 0.39mg (2.6%), Vitamin D: 0.26µg (1.76%)