

health-score61%

HEALTH SCORE

Holiday Bean Salad

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

820 min.

SERVINGS

servings

4

CALORIES

calories

197 kcal

SIDE DISH

Ingredients

- ☐ 14 ounces green beans frozen
- ☐ 2 green onions thinly sliced
- ☐ 1 head iceberg lettuce dried shredded rinsed
- ☐ 16 ounce lima beans *soaked overnight frozen thawed
- ☐ 0.3 cup pimentos
- ☐ 0.7 ounce salad dressing mix dry italian-style

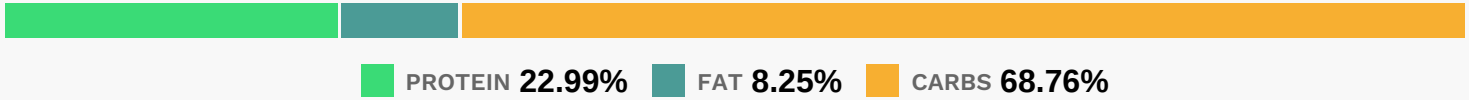
Equipment

- ☐ bowl

Directions

- ☐ Prepare Italian salad dressing according to instructions.
- ☐ In a salad bowl, combine 1/2 cup of the Italian salad dressing, green beans, lima beans, green onions and pimentos. Refrigerate over night.
- ☐ Serve chilled over shredded lettuce.

Nutrition Facts



Properties

Glycemic Index:46.63, Glycemic Load:7.97, Inflammation Score:-9, Nutrition Score:22.761739212534%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg

Nutrients (% of daily need)

Calories: 197.22kcal (9.86%), Fat: 1.94g (2.99%), Saturated Fat: 0.33g (2.06%), Carbohydrates: 36.38g (12.13%), Net Carbohydrates: 23.72g (8.63%), Sugar: 10.25g (11.39%), Cholesterol: 0mg (0%), Sodium: 73.96mg (3.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.17g (24.33%), Vitamin K: 93.83µg (89.36%), Fiber: 12.67g (50.66%), Manganese: 0.99mg (49.5%), Folate: 170.62µg (42.66%), Vitamin C: 29.51mg (35.76%), Vitamin A: 1741.29IU (34.83%), Potassium: 1019.31mg (29.12%), Iron: 4.63mg (25.74%), Vitamin B1: 0.33mg (21.73%), Magnesium: 85.29mg (21.32%), Vitamin B6: 0.42mg (20.87%), Phosphorus: 196.01mg (19.6%), Copper: 0.38mg (19.09%), Vitamin B2: 0.21mg (12.52%), Zinc: 1.57mg (10.48%), Calcium: 86.05mg (8.61%), Selenium: 5.99µg (8.56%), Vitamin B5: 0.83mg (8.3%), Vitamin B3: 1.5mg (7.5%), Vitamin E: 1.1mg (7.31%)