



Italian Three-Bean Salad

 Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



80 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 cups cherry tomatoes quartered
- ☐ 0.5 pound cranberry beans fresh shelled
- ☐ 2 cups cut green beans (2-inch)
- ☐ 0.5 cup green onions chopped
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 2 teaspoons lemon rind grated
- ☐ 2 teaspoons olive oil
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.5 cup parmigiano-reggiano cheese fresh shaved
- ☐ 8 cups water
- ☐ 2 cups turtle beans yellow cut (2-inch)

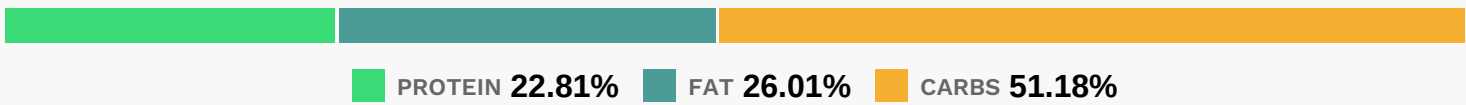
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine cherry tomatoes and next 8 ingredients in a large bowl.
- ☐ Combine 8 cups water and cranberry beans in a large saucepan; bring to a boil. Reduce heat, and simmer 15 minutes or until tender.
- ☐ Add green and yellow beans; cook 5 minutes or until crisp-tender.
- ☐ Drain and rinse with cold water; drain well.
- ☐ Add bean mixture to tomato mixture, and toss gently to coat.
- ☐ Sprinkle with shaved cheese.

Nutrition Facts



Properties

Glycemic Index:13.83, Glycemic Load:1.01, Inflammation Score:-7, Nutrition Score:7.4378261028425%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

0.03mg, Myricetin: 0.03mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 79.71kcal (3.99%), Fat: 2.44g (3.76%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 10.81g (3.6%), Net Carbohydrates: 7.22g (2.62%), Sugar: 1.46g (1.62%), Cholesterol: 2.83mg (0.94%), Sodium: 174.19mg (7.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.64%), Folate: 92.42µg (23.1%), Vitamin C: 18.37mg (22.27%), Vitamin K: 20.44µg (19.47%), Fiber: 3.59g (14.37%), Calcium: 102.89mg (10.29%), Manganese: 0.17mg (8.75%), Phosphorus: 85.98mg (8.6%), Magnesium: 32.94mg (8.23%), Iron: 1.47mg (8.15%), Potassium: 274.37mg (7.84%), Copper: 0.14mg (7.02%), Vitamin A: 340.93IU (6.82%), Vitamin B1: 0.07mg (4.65%), Zinc: 0.61mg (4.09%), Vitamin B6: 0.07mg (3.71%), Vitamin E: 0.53mg (3.54%), Vitamin B2: 0.06mg (3.41%), Vitamin B3: 0.43mg (2.14%), Selenium: 1.5µg (2.14%), Vitamin B5: 0.15mg (1.51%)