



## Kidney Bean Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



274 kcal

SIDE DISH

## Ingredients

- 30 ounce kidney beans drained canned
- 1 stalk celery diced
- 2 eggs
- 0.5 cup mayonnaise
- 0.5 onion diced
- 6 servings salt and pepper to taste
- 2 tablespoons relish sweet

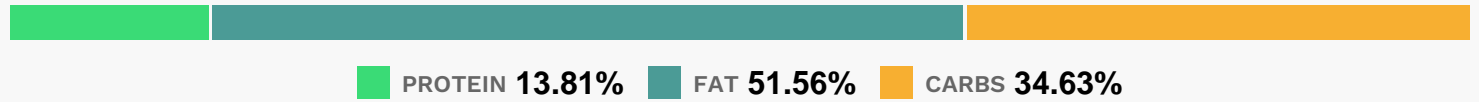
## Equipment

- bowl
- sauce pan

## Directions

- Place eggs in a saucepan with enough cold water to cover. Bring to a boil.
- Remove saucepan from heat. Cover, and let eggs stand in hot water for 10 to 12 minutes.
- Drain, cool, peel, and chop.
- In a bowl, mix the hard-cooked eggs, kidney beans, onion, celery, relish, and mayonnaise. Season with salt and pepper. Chill at least 1 hour in the refrigerator before serving.

## Nutrition Facts



## Properties

Glycemic Index:26.83, Glycemic Load:7.3, Inflammation Score:-4, Nutrition Score:10.799565139024%

## Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

## Nutrients (% of daily need)

Calories: 273.82kcal (13.69%), Fat: 15.91g (24.48%), Saturated Fat: 2.76g (17.22%), Carbohydrates: 24.04g (8.01%), Net Carbohydrates: 16.21g (5.9%), Sugar: 4.72g (5.24%), Cholesterol: 62.4mg (20.8%), Sodium: 742.27mg (32.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.59g (19.18%), Vitamin K: 42.46µg (40.44%), Fiber: 7.83g (31.32%), Manganese: 0.44mg (21.89%), Phosphorus: 188.17mg (18.82%), Folate: 48.87µg (12.22%), Potassium: 424.52mg (12.13%), Iron: 2.15mg (11.92%), Copper: 0.23mg (11.64%), Magnesium: 46.38mg (11.59%), Vitamin B1: 0.16mg (10.91%), Vitamin B2: 0.17mg (10.2%), Selenium: 6.56µg (9.38%), Vitamin B6: 0.16mg (7.83%), Zinc: 1.13mg (7.52%), Vitamin E: 0.84mg (5.62%), Calcium: 55.86mg (5.59%), Vitamin B5: 0.47mg (4.69%), Vitamin B3: 0.75mg (3.77%), Vitamin A: 182.35IU (3.65%), Vitamin B12: 0.15µg (2.55%), Vitamin C: 2.07mg (2.51%), Vitamin D: 0.33µg (2.2%)