



Marinated Balsamic Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



233 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 15 ounce black beans canned
- ☐ 15 ounce chickpeas canned (garbanzo beans)
- ☐ 16 ounce kidney beans canned
- ☐ 1 cup whole-kernel corn frozen
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon basil dried
- ☐ 1 teaspoon thyme leaves dried

- ☐ 2 garlic cloves minced
- ☐ 1 cup cut green beans frozen
- ☐ 0.3 teaspoon ground pepper white
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion diced red
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup water

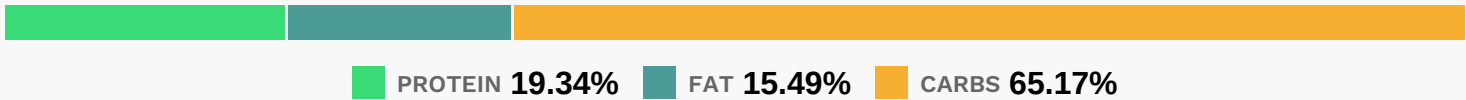
Equipment

- ☐ bowl
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Combine the first 5 ingredients in a colander; rinse and drain.
- ☐ Combine onion and remaining ingredients in a bowl; add corn and beans, tossing gently to coat. Cover and marinate in refrigerator at least 4 hours, stirring occasionally.
- ☐ Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:49.63, Glycemic Load:8.26, Inflammation Score:-6, Nutrition Score:14.826956458714%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg

Nutrients (% of daily need)

Calories: 232.68kcal (11.63%), Fat: 4.12g (6.34%), Saturated Fat: 0.6g (3.72%), Carbohydrates: 39.04g (13.01%), Net Carbohydrates: 26.97g (9.81%), Sugar: 7.1g (7.88%), Cholesterol: 0mg (0%), Sodium: 753.44mg (32.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.59g (23.18%), Manganese: 1.04mg (52.19%), Fiber: 12.07g (48.28%), Vitamin B6: 0.45mg (22.65%), Folate: 89.78µg (22.45%), Vitamin K: 23.03µg (21.94%), Phosphorus: 217.65mg (21.77%), Iron: 3.91mg (21.73%), Magnesium: 75.35mg (18.84%), Copper: 0.36mg (17.91%), Potassium: 587.07mg (16.77%), Vitamin B1: 0.22mg (14.42%), Vitamin B2: 0.18mg (10.6%), Calcium: 98.28mg (9.83%), Zinc: 1.4mg (9.36%), Vitamin C: 6.58mg (7.97%), Selenium: 4.68µg (6.68%), Vitamin B3: 1.22mg (6.09%), Vitamin B5: 0.55mg (5.47%), Vitamin E: 0.48mg (3.19%), Vitamin A: 143.77IU (2.88%)