



Mean Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



12

CALORIES



194 kcal

SIDE DISH

Ingredients

- 0.3 cup balsamic vinegar
- 15 oz kidney beans canned
- 15 oz soy beans canned
- 2 celery stalks finely chopped
- 3 cloves garlic minced
- 0.3 cup hemp seed oil
- 0.3 cup hemp seeds shelled (Hemp Hearts)
- 15 oz garbonzo beans canned

1 bell pepper red finely chopped

1 tomatoes finely chopped

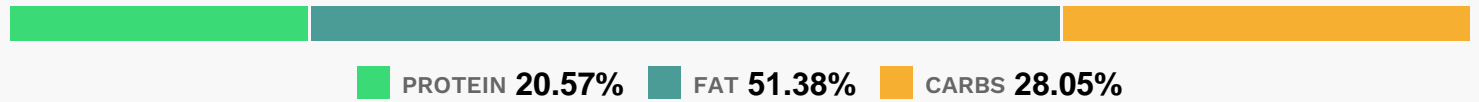
Equipment

bowl

Directions

Combine all ingredients into a bowl. Stir until well mixed. Chill before serving.

Nutrition Facts



Properties

Glycemic Index:22.82, Glycemic Load:3.36, Inflammation Score:-6, Nutrition Score:9.914347824843%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 193.57kcal (9.68%), Fat: 11.44g (17.6%), Saturated Fat: 1.06g (6.61%), Carbohydrates: 14.05g (4.68%), Net Carbohydrates: 9.03g (3.29%), Sugar: 3.48g (3.87%), Cholesterol: 0mg (0%), Sodium: 180.03mg (7.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.31g (20.62%), Vitamin C: 22.68mg (27.49%), Manganese: 0.44mg (22.02%), Fiber: 5.02g (20.07%), Phosphorus: 192.33mg (19.23%), Iron: 3.37mg (18.72%), Folate: 70.15µg (17.54%), Magnesium: 54.1mg (13.53%), Copper: 0.23mg (11.66%), Potassium: 406.59mg (11.62%), Vitamin K: 9.76µg (9.3%), Vitamin B2: 0.14mg (8.51%), Vitamin A: 423.71IU (8.47%), Vitamin B1: 0.12mg (7.91%), Vitamin B6: 0.16mg (7.91%), Calcium: 73.42mg (7.34%), Zinc: 0.83mg (5.51%), Selenium: 3.1µg (4.42%), Vitamin B3: 0.58mg (2.92%), Vitamin E: 0.35mg (2.3%), Vitamin B5: 0.16mg (1.56%)