



Mexican Three Bean Salad

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



452 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce black beans drained and rinsed canned
- ☐ 15 ounce pinto beans drained and rinsed canned
- ☐ 0.5 pound green beans
- ☐ 4 servings salt
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 3 green onions sliced
- ☐ 1 jalapeños seeded chopped
- ☐ 1 large garlic clove sliced thin

- ☐ 1 cup cotija queso seco cheese crumbled (can sub feta)
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 0.3 cup juice of lime
- ☐ 0.3 cup sugar

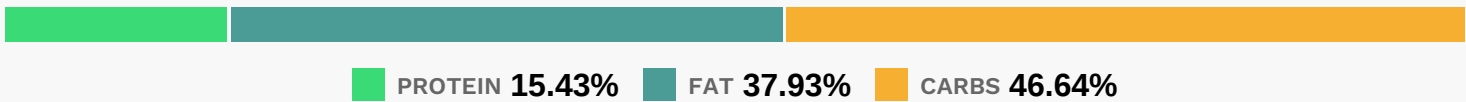
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Cut the ends off the green beans and slice into pieces about an inch long. Fill a medium sized pot halfway with well salted water. Bring to a boil.
- ☐ Add the beans to the pot and boil for 5 minutes, or as long as it takes for the beans to get tender. Green beans can be highly variable in how long it takes to cook them to tenderness. More mature beans can take longer, up to 20 minutes.
- ☐ Combine with pinto beans, green onions, jalapeños, garlic, Cotija, olive oil:
- ☐ Drain the green beans and put in the bowl with the pinto and black beans.
- ☐ Drizzle the olive oil over everything and toss to combine.
- ☐ Mix in the green onions, jalapeño, garlic, and Cotija cheese.
- ☐ Make dressing, add to salad to marinate: In a separate bowl, mix the lime juice and sugar until the sugar dissolves, then add it to the salad. Coat the beans well and let marinate for at least 1 hour, preferably several hours.
- ☐ Right before you serve, toss in the cilantro.
- ☐ Add more salt to taste if needed.

Nutrition Facts



Properties

Glycemic Index:78.52, Glycemic Load:15.54, Inflammation Score:-8, Nutrition Score:23.316521768985%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 452.1kcal (22.6%), Fat: 19.68g (30.28%), Saturated Fat: 6.68g (41.73%), Carbohydrates: 54.47g (18.16%), Net Carbohydrates: 40.26g (14.64%), Sugar: 16.12g (17.91%), Cholesterol: 33.38mg (11.13%), Sodium: 1320.71mg (57.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.01g (36.03%), Fiber: 14.21g (56.85%), Vitamin K: 56.12µg (53.45%), Manganese: 0.76mg (37.9%), Phosphorus: 369.23mg (36.92%), Folate: 130.44µg (32.61%), Vitamin B2: 0.54mg (31.62%), Calcium: 305.13mg (30.51%), Vitamin C: 22.93mg (27.79%), Iron: 4.67mg (25.93%), Magnesium: 97.98mg (24.5%), Potassium: 829.47mg (23.7%), Copper: 0.45mg (22.38%), Vitamin B1: 0.32mg (21.46%), Vitamin B6: 0.41mg (20.73%), Vitamin E: 2.66mg (17.75%), Zinc: 2.46mg (16.38%), Vitamin A: 758.82IU (15.18%), Selenium: 7.63µg (10.89%), Vitamin B12: 0.63µg (10.56%), Vitamin B3: 1.87mg (9.34%), Vitamin B5: 0.88mg (8.83%)