



New Year Three-Bean and Artichoke Salad

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

75 min.

SERVINGS

servings

12

CALORIES

calories

196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 15.5 ounce black-eyed peas drained canned
- ☐ 15.5 ounce garbanzo beans drained canned
- ☐ 15.5 ounce cannellini beans drained canned
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 4 green onions chopped
- ☐ 1 teaspoon ground pepper black

- ☐
- 13.8 ounce marinated artichoke hearts drained chopped canned

☐☐☐

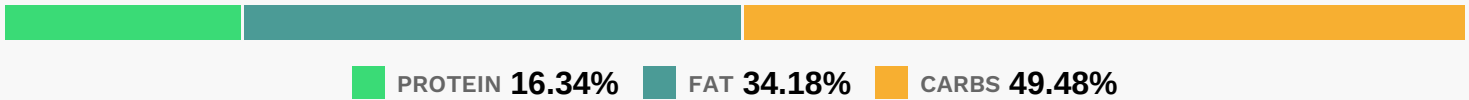
Equipment

- ☐ bowl

Directions

- ☐ Mix the Great Northern beans, garbanzo beans, black-eyed peas, artichokes, green onions, tomatoes, and garlic together in a bowl. Toss with the olive oil, balsamic vinegar, parsley, oregano, and black pepper until well mixed. Refrigerate for 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:25.03, Glycemic Load:4.3, Inflammation Score:-8, Nutrition Score:12.534347896991%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 196.25kcal (9.81%), Fat: 7.58g (11.66%), Saturated Fat: 1g (6.23%), Carbohydrates: 24.68g (8.23%), Net Carbohydrates: 17.54g (6.38%), Sugar: 3.06g (3.39%), Cholesterol: 0mg (0%), Sodium: 232.26mg (10.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.15g (16.3%), Manganese: 0.72mg (36.08%), Vitamin K: 36.26µg (34.54%), Folate: 124.83µg (31.21%), Fiber: 7.14g (28.58%), Vitamin C: 14.29mg (17.32%), Phosphorus: 148.37mg (14.84%), Vitamin A: 740.33IU (14.81%), Vitamin B6: 0.29mg (14.49%), Iron: 2.6mg (14.43%), Magnesium: 54.58mg (13.65%), Copper: 0.24mg (12.17%), Potassium: 386.85mg (11.05%), Vitamin B1: 0.15mg (10.32%), Zinc: 1.07mg (7.11%), Calcium: 63.68mg (6.37%), Vitamin E: 0.86mg (5.77%), Selenium: 3.3µg (4.72%), Vitamin B5: 0.41mg (4.07%), Vitamin B2: 0.06mg (3.57%), Vitamin B3: 0.64mg (3.19%)