



Picnic-Perfect Two-Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



132 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 15.5 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 2 cups cherry tomatoes halved
- ☐ 0.5 cup basil fresh chopped
- ☐ 1.3 pounds green beans trimmed halved
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 2.5 tablespoons orange juice concentrate thawed
- ☐ 2 tablespoons onion red minced

- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon citrus champagne vinegar

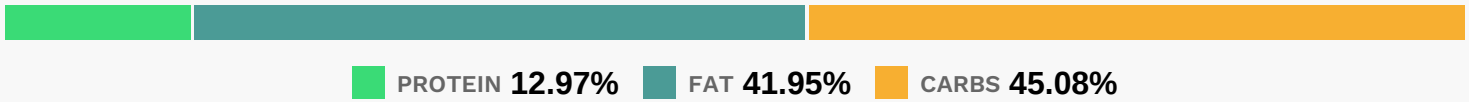
Equipment

- ☐ bowl

Directions

- ☐ Steam green beans, covered, 4 minutes or until crisp-tender; drain.
- ☐ Combine green beans, tomatoes, chopped basil, onion, and chickpeas in a large bowl.
- ☐ Combine oil, orange juice concentrate, vinegar, salt, and pepper in a small bowl; add to bean mixture, and toss well.
- ☐ Let stand 15 minutes; toss before serving.

Nutrition Facts



Properties

Glycemic Index:26.92, Glycemic Load:3.48, Inflammation Score:-7, Nutrition Score:11.225217528965%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 132.28kcal (6.61%), Fat: 6.55g (10.07%), Saturated Fat: 0.88g (5.52%), Carbohydrates: 15.83g (5.28%), Net Carbohydrates: 11.09g (4.03%), Sugar: 4.72g (5.25%), Cholesterol: 0mg (0%), Sodium: 234.48mg (10.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.11%), Vitamin K: 41.14µg (39.18%), Manganese: 0.68mg (34.06%), Vitamin C: 24.36mg (29.53%), Vitamin B6: 0.41mg (20.34%), Fiber: 4.74g (18.94%), Vitamin A: 776.79IU (15.54%), Folate: 47.04µg (11.76%), Potassium: 349.44mg (9.98%), Iron: 1.78mg (9.88%), Magnesium: 39.02mg (9.75%), Vitamin E: 1.3mg (8.64%), Copper: 0.17mg (8.61%), Phosphorus: 86.04mg (8.6%), Vitamin B1: 0.1mg (6.91%), Vitamin B2: 0.1mg (5.9%), Calcium: 55.29mg (5.53%), Vitamin B3: 0.86mg (4.29%), Zinc: 0.63mg (4.18%), Vitamin B5: 0.41mg (4.06%), Selenium: 1.75µg (2.5%)