



Quick Edamame Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



16

CALORIES



136 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 12 ounce black beans drained and rinsed canned
- 0.3 teaspoon basil dried
- 0.5 teaspoon parsley dried
- 16 ounce edamame green frozen shelled thawed (soybeans)
- 16 ounce regular corn sweet frozen thawed
- 0.3 teaspoon garlic powder
- 0.3 teaspoon ground pepper black
- 0.3 cup olive oil to taste

- 16 ounce peas sweet frozen thawed
- 0.5 onion red minced
- 0.3 cup red wine vinegar to taste
- 0.5 teaspoon salt

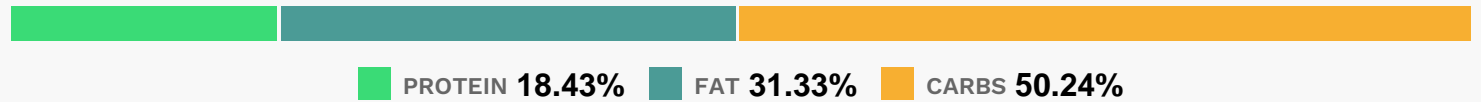
Equipment

- bowl

Directions

- Mix edamame, corn, peas, black beans, and red onion in a large bowl.
- Stir olive oil, vinegar, salt, parsley, black pepper, basil, and garlic powder into edamame mixture.
- Chill in refrigerator at least 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:10.24, Glycemic Load:4.09, Inflammation Score:-4, Nutrition Score:6.6247825726219%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 136.2kcal (6.81%), Fat: 4.93g (7.58%), Saturated Fat: 0.56g (3.5%), Carbohydrates: 17.78g (5.93%), Net Carbohydrates: 12.79g (4.65%), Sugar: 3.81g (4.23%), Cholesterol: 0mg (0%), Sodium: 156.58mg (6.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.04%), Fiber: 4.99g (19.96%), Vitamin C: 13.75mg (16.67%), Manganese: 0.23mg (11.29%), Iron: 1.78mg (9.88%), Folate: 38.65µg (9.66%), Potassium: 332.41mg (9.5%), Vitamin K: 9.55µg (9.1%), Vitamin B1: 0.13mg (8.89%), Phosphorus: 77.01mg (7.7%), Magnesium: 24.88mg (6.22%), Vitamin B3: 1.21mg (6.04%), Vitamin A: 292.7IU (5.85%), Copper: 0.11mg (5.37%), Vitamin B6: 0.1mg (5.21%), Vitamin B2: 0.08mg (4.73%), Zinc: 0.65mg (4.35%), Calcium: 40.4mg (4.04%), Vitamin E: 0.55mg (3.68%), Vitamin B5: 0.3mg (2.98%), Selenium: 0.87µg (1.25%)