



Summer Bean Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



259 kcal

SIDE DISH

Ingredients

- 0.8 teaspoon pepper black divided freshly ground
- 2 cups cherry tomatoes quartered
- 15.5 ounce chickpeas unsalted rinsed drained canned (garbanzo beans)
- 2 cups avarakkai / broad beans shelled peeled (3 pounds unshelled beans)
- 1 tablespoon chives fresh minced
- 1 tablespoon thyme leaves fresh chopped
- 0.4 teaspoon kosher salt
- 3.5 tablespoons juice of lemon fresh divided

- 1 teaspoon lemon rind grated
- 0.3 cup canola mayonnaise
- 3 tablespoons olive oil extra-virgin
- 1 cup very thinly onion red vertically sliced
- 8 cups water
- 8 ounces turtle beans fresh yellow cut into 1 1/2-inch pieces (3 cups)

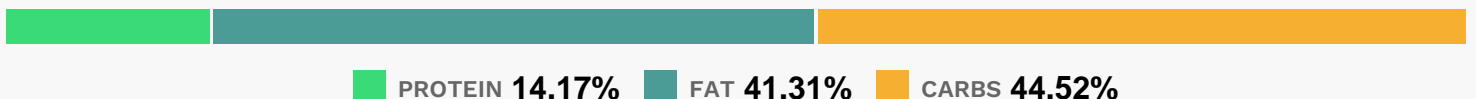
Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- Combine oil, rind, 2 tablespoons lemon juice, thyme, 1/2 teaspoon pepper, and salt in a large bowl, stirring with a whisk.
- Bring 8 cups water to a boil in a large saucepan.
- Add wax beans; cook 2 minutes.
- Add fava beans to wax beans in pan; cook an additional 2 minutes or until beans are tender.
- Drain and rinse with cold water.
- Drain.
- Add bean mixture, cherry tomatoes, onion, and chickpeas to dressing; toss well.
- Combine remaining 1 1/2 tablespoons lemon juice, remaining 1/4 teaspoon pepper, mayonnaise, and chives in a small bowl, stirring with a whisk.
- Let stand 10 minutes.
- Drizzle mayonnaise mixture over bean mixture.

Nutrition Facts



Properties

Glycemic Index:38.34, Glycemic Load:7.2, Inflammation Score:-8, Nutrition Score:13.690434786937%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.95mg, Hesperetin: 0.95mg, Hesperetin: 0.95mg, Hesperetin: 0.95mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

Nutrients (% of daily need)

Calories: 258.78kcal (12.94%), Fat: 12.24g (18.83%), Saturated Fat: 1.74g (10.9%), Carbohydrates: 29.67g (9.89%), Net Carbohydrates: 21.95g (7.98%), Sugar: 5.41g (6.01%), Cholesterol: 2.94mg (0.98%), Sodium: 178.17mg (7.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.44g (18.88%), Folate: 178.18µg (44.55%), Manganese: 0.85mg (42.57%), Fiber: 7.72g (30.88%), Vitamin C: 21.25mg (25.76%), Copper: 0.41mg (20.37%), Vitamin K: 20.23µg (19.27%), Phosphorus: 175.87mg (17.59%), Iron: 3.06mg (17.01%), Magnesium: 62.4mg (15.6%), Potassium: 460.96mg (13.17%), Zinc: 1.53mg (10.18%), Vitamin E: 1.41mg (9.41%), Vitamin B1: 0.13mg (8.73%), Vitamin B6: 0.17mg (8.42%), Calcium: 76.89mg (7.69%), Vitamin B2: 0.09mg (5.5%), Vitamin A: 267.75IU (5.35%), Selenium: 3.61µg (5.15%), Vitamin B3: 0.84mg (4.2%), Vitamin B5: 0.33mg (3.25%)