



 **38%**
HEALTH SCORE

Summer Bean Salad I

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



139 kcal

SIDE DISH

Ingredients

- 15 ounce black beans drained and rinsed canned
- 2 tablespoons cilantro leaves chopped
- 1 small bell pepper green chopped
- 2 spring onion finely chopped
- 15 ounce kidney beans light red drained and rinsed canned
- 0.5 cup red wine vinegar
- 1 cup salsa
- 1.5 cups tomatoes fresh chopped

1 small bell pepper yellow chopped

Equipment

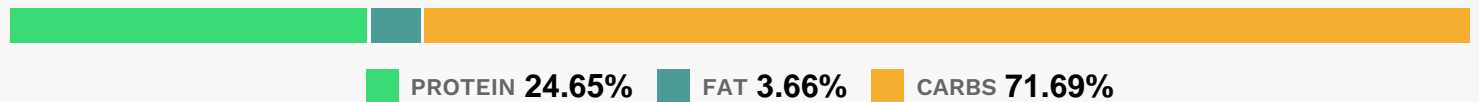
bowl

Directions

In a bowl, gently toss together the kidney beans, black beans, green bell pepper, yellow bell pepper, tomatoes, and green onions. In a separate bowl, mix the salsa, vinegar, and cilantro.

Pour dressing over the bean mixture, and gently stir to coat. Chill at least 1 hour in the refrigerator before serving.

Nutrition Facts



Properties

Glycemic Index:17.91, Glycemic Load:2.92, Inflammation Score:-7, Nutrition Score:12.381304409193%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 138.5kcal (6.93%), Fat: 0.58g (0.89%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 25.48g (8.49%), Net Carbohydrates: 16.63g (6.05%), Sugar: 2.44g (2.71%), Cholesterol: 0mg (0%), Sodium: 421.96mg (18.35%), Alcohol: 0g (100%), Protein: 8.76g (17.53%), Vitamin C: 31.59mg (38.3%), Fiber: 8.84g (35.37%), Folate: 112.33µg (28.08%), Manganese: 0.48mg (24.01%), Potassium: 578.42mg (16.53%), Iron: 2.97mg (16.51%), Phosphorus: 156.42mg (15.64%), Vitamin K: 15.24µg (14.52%), Copper: 0.29mg (14.43%), Magnesium: 53.73mg (13.43%), Vitamin B1: 0.19mg (12.72%), Vitamin B6: 0.21mg (10.54%), Vitamin A: 480.23IU (9.6%), Vitamin B2: 0.12mg (6.93%), Zinc: 1.01mg (6.75%), Vitamin B3: 1.31mg (6.55%), Calcium: 50.45mg (5.04%), Vitamin E: 0.62mg (4.11%), Vitamin B5: 0.33mg (3.33%), Selenium: 1.67µg (2.38%)