



Summer Kidney Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



136 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 15 ounce kidney beans drained and rinsed canned
- ☐ 10 ounce canned tomatoes diced with green chili such as rotel® canned
- ☐ 0.5 tablespoon onion flakes dried
- ☐ 0.1 teaspoon ground cumin
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 tablespoon vinegar white
- ☐ 15.3 ounce kernel corn whole drained and rinsed canned

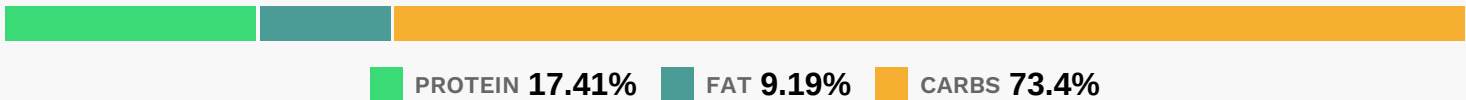
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine kidney beans, corn, and tomatoes in a salad bowl.
- ☐ Whisk together vinegar, brown sugar, cumin, onion flakes, salt, and black pepper in a separate bowl. Spoon liquid from bowl of kidney bean mixture into dressing if needed for extra moisture.
- ☐ Mix until brown sugar has dissolved.
- ☐ Pour dressing over bean mixture and stir to combine. Refrigerate at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:4.49, Inflammation Score:-3, Nutrition Score:7.0717391397642%

Nutrients (% of daily need)

Calories: 135.79kcal (6.79%), Fat: 1.43g (2.2%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 25.73g (8.58%), Net Carbohydrates: 21.01g (7.64%), Sugar: 5.49g (6.1%), Cholesterol: 0mg (0%), Sodium: 362.05mg (15.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.21%), Fiber: 4.72g (18.89%), Manganese: 0.36mg (17.79%), Phosphorus: 121.6mg (12.16%), Potassium: 417.84mg (11.94%), Folate: 46.2µg (11.55%), Copper: 0.22mg (10.88%), Magnesium: 39.55mg (9.89%), Iron: 1.72mg (9.54%), Vitamin B1: 0.12mg (8.25%), Vitamin C: 6.45mg (7.82%), Vitamin B3: 1.5mg (7.49%), Vitamin B6: 0.14mg (6.78%), Vitamin K: 5.59µg (5.33%), Zinc: 0.78mg (5.2%), Vitamin B2: 0.08mg (4.92%), Calcium: 41.78mg (4.18%), Vitamin E: 0.61mg (4.05%), Vitamin B5: 0.23mg (2.33%), Vitamin A: 102.74IU (2.05%), Selenium: 1.13µg (1.61%)