



 4%
HEALTH SCORE

The New Three-Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



212 kcal

SIDE DISH

Ingredients

- 15 oz garbanzo beans drained and rinsed canned
- 0.3 cup canola oil
- 10 oz edamame frozen shelled
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- 10 ounce green beans cut into 1-in. pieces
- 6 spring onion thinly sliced
- 8 servings ice cubes
- 0.5 tsp kosher salt

- 0.3 cup juice of lemon fresh
- 2 lemon zest shredded finely
- 0.5 teaspoon sugar

Equipment

- bowl
- sauce pan
- whisk
- kitchen towels
- colander
- steamer basket

Directions

- In a serving bowl, whisk together lemon zest, oil, lemon juice, 1/2 tsp. salt, and the sugar. Set aside.
- In a large saucepan fitted with a steamer basket, bring 1 in. water to a boil over medium-high heat. Steam edamame, covered, for 3 minutes.
- Add chickpeas and steam, covered, until heated through, 4 to 5 minutes.
- Pour both into a colander, then pat dry on a kitchen towel.
- Add to bowl with dressing and toss to coat.
- In the same saucepan, bring another 1 in. water to a boil. Meanwhile, fill a large bowl with ice water and set aside. Steam green beans, covered, until tender-crisp, 4 to 5 minutes.
- Pour into a colander and immediately transfer to ice water.
- Let sit 30 seconds, drain, and pat dry on towel.
- Add green beans and onions to chickpea mixture, toss to coat, and add more salt to taste if you like.
- Make ahead: Prepare recipe through step 3, wrap chickpea mixture and green beans separately, and chill up to 1 day. Bring both to room temperature before proceeding. Dressed salad can stand up to 1 hour before serving.

Nutrition Facts

■ PROTEIN 18.6% ■ FAT 43.24% ■ CARBS 38.16%

Properties

Glycemic Index:23.55, Glycemic Load:2.96, Inflammation Score:-5, Nutrition Score:9.5782608695652%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 212.06kcal (10.6%), Fat: 10.52g (16.19%), Saturated Fat: 0.65g (4.05%), Carbohydrates: 20.89g (6.96%), Net Carbohydrates: 14.31g (5.2%), Sugar: 3.78g (4.2%), Cholesterol: 0mg (0%), Sodium: 299.65mg (13.03%), Protein: 10.18g (20.36%), Vitamin K: 38.86µg (37.01%), Manganese: 0.53mg (26.35%), Fiber: 6.58g (26.33%), Iron: 3.09mg (17.14%), Vitamin B6: 0.31mg (15.65%), Potassium: 506.33mg (14.47%), Vitamin C: 10.95mg (13.28%), Calcium: 100.86mg (10.09%), Vitamin E: 1.44mg (9.57%), Folate: 32.46µg (8.12%), Vitamin A: 343.43IU (6.87%), Magnesium: 26.26mg (6.56%), Copper: 0.12mg (6.25%), Phosphorus: 60.11mg (6.01%), Vitamin B1: 0.05mg (3.58%), Zinc: 0.5mg (3.34%), Vitamin B2: 0.05mg (3.2%), Vitamin B5: 0.26mg (2.6%), Vitamin B3: 0.39mg (1.95%), Selenium: 1.35µg (1.93%)