



WHATSHEATE



HEALTH SCORE

100%

Three-Bean and Barley Salad



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



65 min.

SERVINGS



4

CALORIES



305 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



15 ounces the salad undrained canned



1.5 cups barley cooked



1.5 cups tomatoes chopped



3 cups the salad



2 tablespoons sunflower seeds

Equipment

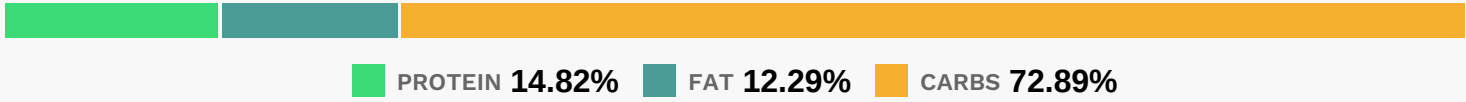


bowl

Directions

- ☐ Mix three-bean salad, barley and tomatoes in bowl. Cover and refrigerate about 1 hour or until chilled.
- ☐ Spoon bean mixture onto salad greens.
- ☐ Sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:14.64, Inflammation Score:-9, Nutrition Score:24.631304575049%

Flavonoids

Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 305.33kcal (15.27%), Fat: 4.37g (6.72%), Saturated Fat: 0.58g (3.65%), Carbohydrates: 58.26g (19.42%), Net Carbohydrates: 45.23g (16.45%), Sugar: 2.15g (2.39%), Cholesterol: 0mg (0%), Sodium: 46.96mg (2.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.85g (23.69%), Manganese: 1.7mg (85.11%), Fiber: 13.04g (52.15%), Vitamin C: 39.35mg (47.7%), Selenium: 29.21µg (41.73%), Vitamin A: 2031.61IU (40.63%), Vitamin B1: 0.58mg (38.75%), Magnesium: 129.16mg (32.29%), Phosphorus: 281.73mg (28.17%), Copper: 0.53mg (26.74%), Vitamin B3: 4.68mg (23.38%), Vitamin B6: 0.44mg (22.02%), Iron: 3.76mg (20.87%), Folate: 83.28µg (20.82%), Potassium: 711.01mg (20.31%), Vitamin B2: 0.29mg (17.25%), Zinc: 2.54mg (16.95%), Vitamin E: 2.45mg (16.36%), Vitamin K: 5.93µg (5.65%), Calcium: 49.98mg (5%), Vitamin B5: 0.46mg (4.64%)