



Three-Bean Garden Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



156 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 ounces kidney beans rinsed drained canned
- 1 pint cherry tomatoes halved
- 0.5 teaspoon basil dried
- 8 ounces mushrooms fresh sliced
- 8 ounces mushrooms fresh sliced
- 9 ounces green beans frozen thawed
- 0.3 cup spring onion thinly sliced
- 0.8 teaspoon seasoning italian

- 0.7 cup juice of lemon
- 1.5 cups lima beans *soaked overnight frozen
- 0.3 cup olive oil
- 0.5 teaspoon pepper
- 1.3 teaspoons salt
- 0.3 cup sugar

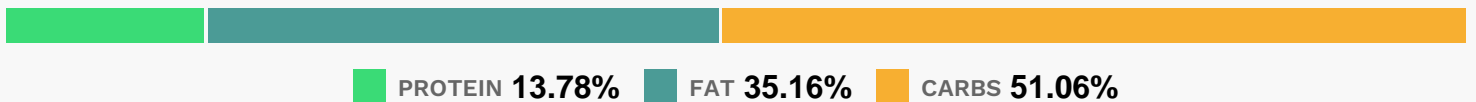
Equipment

- bowl

Directions

- Cook lima beans according to package directions. Rinse in cold water; drain and place in a medium bowl.
- Add kidney and green beans, mushrooms, tomatoes and onions.
- Combine dressing ingredients.
- Pour over salad; mix gently to coat. Cover and chill for at least 5 hours, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:27.72, Glycemic Load:7.4, Inflammation Score:-5, Nutrition Score:10.208260888639%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 156.45kcal (7.82%), Fat: 6.5g (10%), Saturated Fat: 0.92g (5.75%), Carbohydrates: 21.24g (7.08%), Net Carbohydrates: 16.3g (5.93%), Sugar: 9.7g (10.78%), Cholesterol: 0mg (0%), Sodium: 341.65mg (14.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.46%), Vitamin C: 18.3mg (22.18%), Vitamin K: 21.72µg (20.69%), Fiber: 4.94g (19.74%), Manganese: 0.36mg (17.81%), Copper: 0.28mg (13.95%), Potassium: 486.25mg (13.89%), Vitamin B2: 0.23mg (13.26%), Folate: 51.77µg (12.94%), Phosphorus: 117.56mg (11.76%), Iron: 1.85mg (10.29%), Vitamin B3: 2.04mg (10.18%), Vitamin B1: 0.14mg (9.49%), Vitamin B6: 0.18mg (8.81%), Magnesium: 35.01mg (8.75%), Vitamin E: 1.29mg (8.57%), Vitamin B5: 0.83mg (8.32%), Selenium: 5.36µg (7.65%), Vitamin A: 364IU (7.28%), Zinc: 0.77mg (5.13%), Calcium: 33.49mg (3.35%)