



Three-Bean Macaroni Salad

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



120 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 oz cannellini beans rinsed canned
- 15 oz kidney beans rinsed canned
- 1 cup elbow macaroni uncooked
- 2 Tbsp optional: dill fresh chopped
- 0.5 lb green beans fresh trimmed halved
- 1 bell pepper green chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.5 cup real mayo mayonnaise kraft

0.8 cup onions red chopped

Equipment

bowl

sauce pan

Directions

Cook macaroni in large saucepan as directed on package, omitting salt and adding green beans to the boiling water for the last 2 min.; drain. Rinse with cold water; drain again.

Place macaroni mixture in large bowl.

Add remaining beans, peppers and onions; mix lightly.

Mix remaining ingredients until blended.

Add to salad; toss to coat.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:1.43, Inflammation Score:-3, Nutrition Score:5.2178260991755%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 119.68kcal (5.98%), Fat: 5.12g (7.87%), Saturated Fat: 0.81g (5.09%), Carbohydrates: 14.87g (4.96%), Net Carbohydrates: 11.96g (4.35%), Sugar: 1.7g (1.88%), Cholesterol: 2.35mg (0.78%), Sodium: 121.55mg (5.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.96%), Vitamin K: 16.99µg (16.18%), Manganese: 0.25mg (12.71%), Fiber: 2.9g (11.61%), Vitamin C: 7.1mg (8.61%), Selenium: 5.82µg (8.31%), Folate: 29.83µg (7.46%), Phosphorus: 73.57mg (7.36%), Magnesium: 25.19mg (6.3%), Potassium: 192.5mg (5.5%), Vitamin B1: 0.08mg (5.06%), Copper: 0.1mg (5.06%), Iron: 0.86mg (4.79%), Vitamin B6: 0.09mg (4.42%), Zinc: 0.42mg (2.83%), Vitamin B2: 0.05mg (2.79%), Calcium: 25.99mg (2.6%), Vitamin B3: 0.45mg (2.23%), Vitamin E: 0.33mg (2.2%), Vitamin A: 108.16IU (2.16%), Vitamin B5: 0.17mg (1.65%)