

Three Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce kidney beans drained and rinsed canned
- ☐ 0.5 teaspoon celery seed
- ☐ 15 ounce green beans canned
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 onion sliced into thin rings
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 1 pound turtle beans

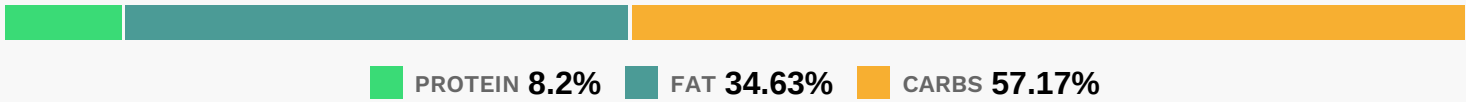
- ☐ 0.7 cup distilled vinegar white
- ☐ 0.8 cup sugar white

Equipment

Directions

- ☐ Mix together green beans, wax beans, kidney beans, onion, sugar, vinegar, vegetable oil, salt, pepper, and celery seed.
- ☐ Let set in refrigerator for at least 12 hours.

Nutrition Facts



Properties

Glycemic Index:18.82, Glycemic Load:8.92, Inflammation Score:-4, Nutrition Score:4.9873913578365%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 121.28kcal (6.06%), Fat: 4.81g (7.4%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 17.86g (5.95%), Net Carbohydrates: 15.16g (5.51%), Sugar: 11.01g (12.23%), Cholesterol: 0mg (0%), Sodium: 144.7mg (6.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Vitamin K: 21µg (20%), Vitamin C: 9.93mg (12.03%), Folate: 45.35µg (11.34%), Fiber: 2.69g (10.77%), Manganese: 0.16mg (8.14%), Magnesium: 23.45mg (5.86%), Potassium: 196.59mg (5.62%), Iron: 0.98mg (5.42%), Phosphorus: 51.9mg (5.19%), Copper: 0.08mg (4.15%), Vitamin A: 183.9IU (3.68%), Vitamin B1: 0.05mg (3.56%), Calcium: 34.04mg (3.4%), Vitamin B6: 0.07mg (3.39%), Vitamin E: 0.49mg (3.26%), Vitamin B2: 0.05mg (2.9%), Zinc: 0.36mg (2.41%), Vitamin B3: 0.34mg (1.68%), Vitamin B5: 0.1mg (1.04%)