



## Three-Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



185 kcal

SIDE DISH

## Ingredients

- 15 ounce black beans drained and rinsed canned
- 0.5 teaspoon coriander seeds crushed
- 1 teaspoon dijon mustard
- 2 tablespoons cilantro leaves fresh chopped
- 0.5 pound green beans trimmed halved
- 1 juice of lemon
- 6 servings kosher salt
- 0.3 cup olive oil extra-virgin

- 6 servings pepper freshly ground
- 1 small bell pepper red thinly sliced
- 0.5 small onion red thinly sliced
- 1 teaspoon sugar
- 0.5 pound turtle beans trimmed halved
- 0.5 cup vinegar white

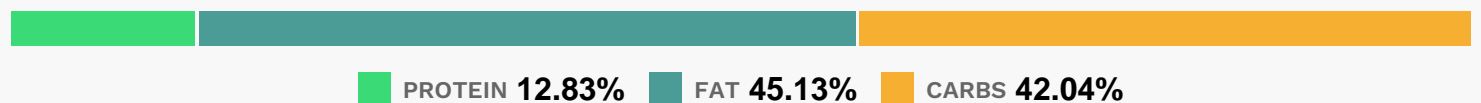
## Equipment

- bowl
- sauce pan
- whisk

## Directions

- Combine the vinegar, half of the lemon juice, 1/2 cup water, the sugar, coriander, 1 teaspoon salt and a pinch of pepper in a saucepan. Bring to a boil and cook 1 to 2 minutes.
- Put the bell pepper and red onion in a bowl; pour in the brine.
- Let cool to room temperature.
- Cook the green and wax beans in the boiling water until crisp-tender, 3 to 4 minutes.
- Drain and rinse.
- Transfer to a large bowl along with the black beans.
- Whisk the reserved brine, the remaining lemon juice and the mustard in a bowl, then whisk in the olive oil until smooth. Toss with the bean mixture. Cover and refrigerate at least 1 hour. Stir in the cilantro and season with salt and pepper before serving.
- Photograph by Kana Okada

## Nutrition Facts



## Properties

Glycemic Index:57.52, Glycemic Load:2.08, Inflammation Score:-7, Nutrition Score:11.263913040576%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

## Nutrients (% of daily need)

Calories: 185.03kcal (9.25%), Fat: 9.49g (14.59%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 19.88g (6.63%), Net Carbohydrates: 12.83g (4.67%), Sugar: 2.95g (3.28%), Cholesterol: 0mg (0%), Sodium: 481.31mg (20.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.14%), Vitamin C: 32.94mg (39.92%), Fiber: 7.04g (28.17%), Folate: 102.08µg (25.52%), Vitamin K: 22.9µg (21.81%), Manganese: 0.31mg (15.26%), Vitamin A: 660.43IU (13.21%), Iron: 2.34mg (13%), Potassium: 427.56mg (12.22%), Magnesium: 48.53mg (12.13%), Phosphorus: 114.19mg (11.42%), Vitamin E: 1.66mg (11.08%), Copper: 0.2mg (10.02%), Vitamin B1: 0.14mg (9.63%), Vitamin B2: 0.14mg (8.21%), Vitamin B6: 0.14mg (7.13%), Calcium: 62.8mg (6.28%), Zinc: 0.69mg (4.61%), Vitamin B3: 0.86mg (4.32%), Vitamin B5: 0.28mg (2.77%), Selenium: 1.66µg (2.36%)