



Three Bean Salad

 Vegetarian

READY IN



250 min.

SERVINGS



8

CALORIES



149 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 1 cup mushrooms fresh sliced
- ☐ 14.5 ounce cut green beans drained canned
- ☐ 0.5 cup bell pepper red chopped
- ☐ 16 ounce kidney beans dark red drained canned
- ☐ 2 tablespoons onion red minced
- ☐ 2 tablespoons greek seasoning
- ☐ 0.5 cup vegetable oil

- ☐ 14.5 ounce cut golden wax beans drained canned
- ☐ 3 tablespoons citrus champagne vinegar

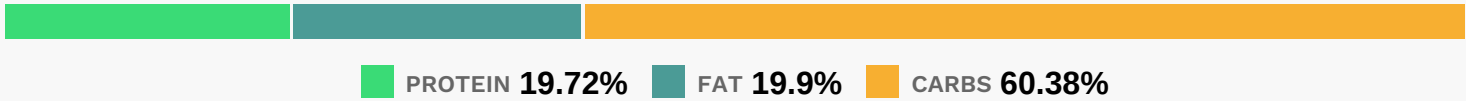
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a medium bowl, combine first 6 ingredients.
- ☐ In a small bowl, whisk together oil, vinegar, mustard, and Greek seasoning.
- ☐ Pour over bean mixture; cover and chill 4 hours, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:28.66, Glycemic Load:4.74, Inflammation Score:-8, Nutrition Score:15.920434920036%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 148.59kcal (7.43%), Fat: 3.52g (5.41%), Saturated Fat: 0.56g (3.48%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 15.64g (5.69%), Sugar: 2.77g (3.08%), Cholesterol: 0mg (0%), Sodium: 30.37mg (1.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.84g (15.68%), Vitamin K: 55.35µg (52.71%), Folate: 157.74µg (39.44%), Vitamin C: 30.22mg (36.63%), Fiber: 8.36g (33.45%), Manganese: 0.6mg (29.78%), Iron: 4.28mg (23.79%), Magnesium: 65.79mg (16.45%), Potassium: 557.35mg (15.92%), Vitamin A: 710.38IU (14.21%), Phosphorus: 140.98mg (14.1%), Copper: 0.27mg (13.74%), Calcium: 120.15mg (12.02%), Vitamin B6: 0.22mg (11.15%), Vitamin B1: 0.16mg (10.59%), Vitamin B2: 0.16mg (9.64%), Vitamin E: 1.28mg (8.54%), Zinc: 1.14mg (7.59%), Vitamin B3: 1.41mg (7.07%), Vitamin B5: 0.49mg (4.92%), Selenium: 2.93µg (4.19%)