



Three-Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



286 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 15 ounce black beans drained and rinsed canned
- ☐ 15 ounce blackeyed peas drained and rinsed canned
- ☐ 2 cups celery thinly sliced
- ☐ 8 ounces edamame frozen shelled
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon garlic finely chopped
- ☐ 1 teaspoon ground cumin

- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup onion red chopped
- ☐ 1.5 teaspoons salt

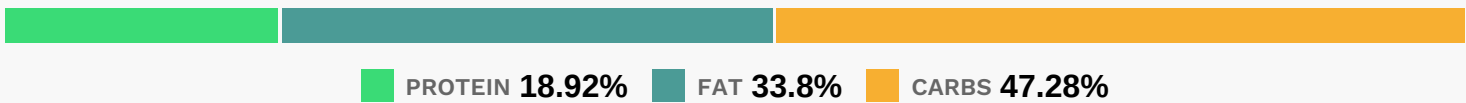
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ colander

Directions

- ☐ Cook edamame in a 1 1/2 – to 2–quart saucepan of boiling salted water, uncovered, 4 minutes.
- ☐ Drain in a colander, then rinse under cold water to stop cooking.
- ☐ Heat oil in a small heavy skillet over moderately low heat until hot but not smoking, then cook cumin, stirring, until fragrant and a shade darker, about 30 seconds.
- ☐ Pour into a large heatproof bowl.
- ☐ Add edamame and remaining ingredients to cumin oil and toss to coat.
- ☐ Let stand 10 minutes for flavors to blend.

Nutrition Facts



Properties

Glycemic Index:33.17, Glycemic Load:4.63, Inflammation Score:-7, Nutrition Score:14.849999821704%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.97mg, Apigenin: 0.97mg, Apigenin: 0.97mg, Apigenin: 0.97mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg

0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.58mg, Quercetin: 3.58mg,
Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 286.05kcal (14.3%), Fat: 11g (16.93%), Saturated Fat: 1.42g (8.88%), Carbohydrates: 34.64g (11.55%), Net
Carbohydrates: 22.72g (8.26%), Sugar: 4.49g (4.98%), Cholesterol: 0mg (0%), Sodium: 885.38mg (38.49%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.86g (27.71%), Folate: 206.69µg (51.67%), Fiber: 11.92g
(47.67%), Manganese: 0.59mg (29.59%), Iron: 4.56mg (25.35%), Potassium: 715.01mg (20.43%), Phosphorus:
202.95mg (20.3%), Vitamin K: 20.87µg (19.87%), Copper: 0.35mg (17.66%), Magnesium: 69.65mg (17.41%), Vitamin
B1: 0.26mg (17.39%), Vitamin E: 1.64mg (10.96%), Calcium: 95.93mg (9.59%), Zinc: 1.4mg (9.32%), Vitamin B2:
0.15mg (8.91%), Vitamin B6: 0.16mg (8.13%), Vitamin C: 6.27mg (7.6%), Vitamin B5: 0.54mg (5.39%), Vitamin A:
262.1IU (5.24%), Vitamin B3: 0.96mg (4.78%), Selenium: 3.01µg (4.29%)