



Three-Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



141 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 cups chickpeas fresh shelled cooked (garbanzo beans)
- ☐ 1 tablespoon dijon mustard
- ☐ 0.8 cup edamame green frozen shelled thawed (soybeans)
- ☐ 3 tablespoons flat-leaf parsley leaves fresh
- ☐ 8 ounces haricots verts trimmed
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1.5 tablespoons oregano leaves fresh
- ☐ 1 medium bell pepper red
- ☐ 0.3 cup shallots minced

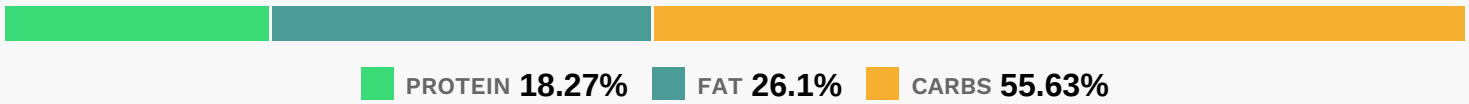
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Cut bell pepper in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil for 10 minutes or until blackened.
- ☐ Place in a paper bag; fold to close tightly.
- ☐ Let stand 10 minutes. Peel and chop. Cook edamame and haricots verts in boiling water 4 minutes; rinse with cold water, and drain.
- ☐ Combine bell pepper, edamame mixture, chickpeas, salt, and pepper in a medium bowl.
- ☐ Combine shallots and remaining ingredients, stirring well with a whisk.
- ☐ Drizzle dressing over bean mixture; toss.

Nutrition Facts



Properties

Glycemic Index:39.13, Glycemic Load:3.55, Inflammation Score:-9, Nutrition Score:14.000434865122%

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: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 141.41kcal (7.07%), Fat: 4.34g (6.67%), Saturated Fat: 0.5g (3.11%), Carbohydrates: 20.8g (6.93%), Net Carbohydrates: 14.42g (5.24%), Sugar: 5.54g (6.15%), Cholesterol: 0mg (0%), Sodium: 229.97mg (10%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.66%), Vitamin K: 61.23µg (58.31%), Vitamin C: 35.95mg (43.58%), Manganese: 0.65mg (32.66%), Folate: 102.67µg (25.67%), Fiber: 6.38g (25.52%), Vitamin A: 1085.99IU (21.72%), Iron: 2.94mg (16.31%), Potassium: 395.35mg (11.3%), Vitamin B6: 0.22mg (11.07%), Phosphorus: 100.69mg (10.07%), Magnesium: 39.74mg (9.94%), Copper: 0.2mg (9.92%), Vitamin E: 1.21mg (8.09%), Calcium: 79.84mg (7.98%), Vitamin B1: 0.11mg (7.01%), Zinc: 0.88mg (5.89%), Vitamin B2: 0.1mg (5.6%), Vitamin B3: 0.81mg (4.06%), Selenium: 2.8µg (4.01%), Vitamin B5: 0.33mg (3.3%)