



Three Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



455 kcal

SIDE DISH

Ingredients



15 ounce .5 can cannellini beans rinsed drained canned



15 ounce kidney beans rinsed drained canned



15 ounce garbanzo beans rinsed drained canned



1 cup celery stalks finely chopped



1 cup flat-leaf parsley fresh loosely packed finely chopped



1 teaspoon rosemary fresh finely chopped



0.3 cup apple cider vinegar



0.3 cup granulated sugar to taste (more or less)

- ☐ 3 tablespoons olive oil extra virgin
- ☐ 1.5 teaspoons salt
- ☐ 0.3 teaspoon pepper black

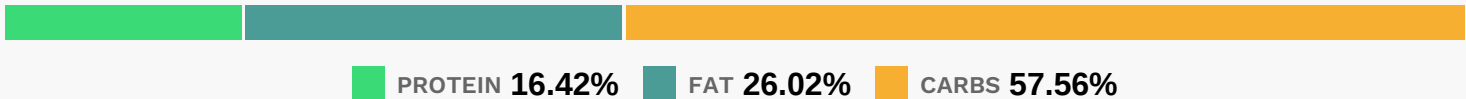
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Make the salad: In a large bowl, mix the 3 different types of beans, the celery, onion (drained of soaking water), parsley, and rosemary.
- ☐ Make the dressing: In a separate small bowl, whisk together the vinegar, sugar, olive oil, salt, and pepper.
- ☐ Add the dressing to the beans. Toss to coat.
- ☐ Chill and
- ☐ Transfer the salad to the refrigerator for several hours, to allow the beans to soak up the flavor of the dressing.
- ☐ Let come to close to room temperature to serve.

Nutrition Facts



Properties

Glycemic Index:82.36, Glycemic Load:23.64, Inflammation Score:-9, Nutrition Score:28.211739249851%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 33.05mg, Apigenin: 33.05mg, Apigenin: 33.05mg, Apigenin: 33.05mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 455.27kcal (22.76%), Fat: 13.47g (20.72%), Saturated Fat: 1.86g (11.61%), Carbohydrates: 67.06g (22.35%), Net Carbohydrates: 50.72g (18.44%), Sugar: 15.3g (17%), Cholesterol: 0mg (0%), Sodium: 1475.03mg (64.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.13g (38.26%), Vitamin K: 267.37µg (254.63%), Manganese: 1.85mg (92.25%), Fiber: 16.35g (65.4%), Folate: 155.26µg (38.81%), Iron: 6.92mg (38.45%), Vitamin B6: 0.7mg (35.01%), Magnesium: 126.35mg (31.59%), Phosphorus: 311.05mg (31.1%), Potassium: 1077.8mg (30.79%), Copper: 0.6mg (30.08%), Vitamin A: 1394.33IU (27.89%), Vitamin C: 21.69mg (26.3%), Zinc: 2.79mg (18.6%), Calcium: 179.24mg (17.92%), Vitamin B1: 0.27mg (17.81%), Vitamin E: 2.56mg (17.03%), Vitamin B2: 0.16mg (9.31%), Vitamin B5: 0.78mg (7.77%), Selenium: 5.22µg (7.45%), Vitamin B3: 1.06mg (5.31%)