



Three Bean Salad With Celery

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



135 min.

SERVINGS



10

CALORIES



128 kcal

SIDE DISH

Ingredients

- 15 ounce garbanzo beans drained and rinsed canned
- 15 ounce kidney beans drained and rinsed canned
- 2 stalks celery chopped
- 0.5 teaspoon celery seed
- 15 ounce cut green beans drained and rinsed canned
- 0.3 teaspoon ground pepper black
- 0.5 cup olive oil
- 0.5 small onion minced

- 0.5 teaspoon salt
- 0.3 cup sugar white
- 0.3 cup citrus champagne vinegar

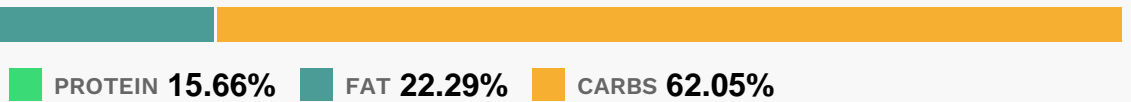
Equipment

- bowl
- mixing bowl

Directions

- Combine onion, celery, kidney beans, garbanzo beans, and green beans in a mixing bowl.
- Add olive oil, vinegar, sugar, salt, celery seed, and black pepper to bean mixture; gently stir to coat. Cover bowl and chill completely 2 to 4 hours.

Nutrition Facts



Properties

Glycemic Index:29.94, Glycemic Load:8.11, Inflammation Score:-5, Nutrition Score:8.3086957205897%

Flavonoids

Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 127.57kcal (6.38%), Fat: 3.3g (5.07%), Saturated Fat: 0.44g (2.78%), Carbohydrates: 20.64g (6.88%), Net Carbohydrates: 15.16g (5.51%), Sugar: 7.42g (8.24%), Cholesterol: 0mg (0%), Sodium: 353.19mg (15.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.42%), Manganese: 0.59mg (29.67%), Vitamin K: 23.77µg (22.64%), Fiber: 5.49g (21.94%), Vitamin B6: 0.31mg (15.31%), Phosphorus: 99.29mg (9.93%), Folate: 39.28µg (9.82%), Magnesium: 36.87mg (9.22%), Iron: 1.61mg (8.93%), Potassium: 291.97mg (8.34%), Copper: 0.16mg (8.21%), Vitamin C: 6.12mg (7.42%), Vitamin A: 336.11IU (6.72%), Vitamin B1: 0.1mg (6.48%), Vitamin B2: 0.09mg (5.05%), Calcium: 49.45mg (4.94%), Zinc: 0.69mg (4.57%), Vitamin E: 0.52mg (3.45%), Vitamin B3: 0.61mg (3.05%), Vitamin B5: 0.3mg (3.03%), Selenium: 1.67µg (2.38%)