



Three Bean Salad with Corn



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



495 min.

SERVINGS



8

CALORIES



242 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce garbanzo beans drained canned
- ☐ 15 ounce kidney beans drained canned
- ☐ 4.5 ounce mushrooms drained sliced canned
- ☐ 0.5 cup cider vinegar
- ☐ 0.3 teaspoon basil dried
- ☐ 15 ounce cut green beans drained canned
- ☐ 1 bell pepper green cubed
- ☐ 0.5 teaspoon ground pepper black

- ☐ 1 onion chopped
- ☐ 0.3 teaspoon oregano dried
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 15 ounce turtle beans drained canned
- ☐ 15.3 ounce kernel corn whole drained canned

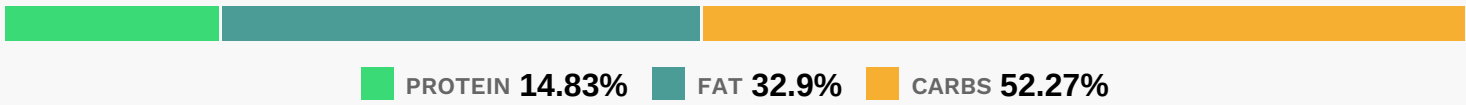
Equipment

- ☐ bowl

Directions

- ☐ Mix kidney beans, wax beans, green beans, garbanzo beans, corn, mushrooms, onion, green bell pepper, cider vinegar, 1/2 cup sugar, vegetable oil, black pepper, salt, basil, and oregano in a large bowl.
- ☐ Chill in refrigerator for 8 hours or overnight.
- ☐ Stir 1/4 cup sugar into the bean salad. Taste and add more if needed to balance vinegar flavor.

Nutrition Facts



Properties

Glycemic Index:34.54, Glycemic Load:6.74, Inflammation Score:-7, Nutrition Score:15.36695668814%

Flavonoids

Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg

Nutrients (% of daily need)

Calories: 241.81kcal (12.09%), Fat: 9.13g (14.05%), Saturated Fat: 1.36g (8.47%), Carbohydrates: 32.63g (10.88%), Net Carbohydrates: 24.3g (8.84%), Sugar: 4.09g (4.55%), Cholesterol: 0mg (0%), Sodium: 520.57mg (22.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.26g (18.52%), Manganese: 0.84mg (42.18%), Vitamin C: 32.02mg (38.82%), Vitamin K: 39.85µg (37.95%), Fiber: 8.33g (33.31%), Folate: 119.76µg (29.94%), Vitamin B6: 0.43mg

(21.49%), Phosphorus: 180.48mg (18.05%), Magnesium: 70.49mg (17.62%), Potassium: 581.56mg (16.62%), Iron: 2.87mg (15.94%), Copper: 0.31mg (15.34%), Vitamin B1: 0.15mg (10.25%), Zinc: 1.36mg (9.05%), Calcium: 88.43mg (8.84%), Vitamin A: 432.04IU (8.64%), Vitamin B3: 1.49mg (7.45%), Vitamin B2: 0.12mg (7.01%), Vitamin E: 0.86mg (5.74%), Vitamin B5: 0.51mg (5.11%), Selenium: 2.71µg (3.88%)