

Triple Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



121 kcal

SIDE DISH

Ingredients

- 1 teaspoon pepper black freshly ground
- 15.5 ounce black beans drained and rinsed canned
- 15.5 ounce garbanzo beans drained canned
- 15.5 ounce kidney beans drained canned
- 0.5 cup bell pepper green chopped
- 0.5 cup green onions chopped
- 1 teaspoon juice of lemon
- 2 tablespoons olive oil

- 0.5 cup bell pepper red chopped
- 3 tablespoons red wine vinegar
- 0.5 teaspoon salt

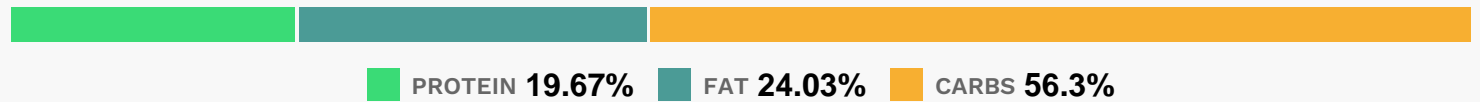
Equipment

- bowl
- whisk

Directions

- Combine first 6 ingredients in a large bowl.
- Whisk together vinegar, oil, pepper, juice, and salt; pour over bean mixture, stirring to coat. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:16.53, Glycemic Load:3.34, Inflammation Score:-5, Nutrition Score:8.4265218610349%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 121.25kcal (6.06%), Fat: 3.33g (5.12%), Saturated Fat: 0.46g (2.89%), Carbohydrates: 17.55g (5.85%), Net Carbohydrates: 11.08g (4.03%), Sugar: 1.2g (1.33%), Cholesterol: 0mg (0%), Sodium: 434.53mg (18.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.27%), Manganese: 0.54mg (26.79%), Fiber: 6.47g (25.87%), Vitamin C: 15.22mg (18.45%), Vitamin B6: 0.26mg (12.89%), Vitamin K: 12.57µg (11.97%), Folate: 47.27µg (11.82%), Phosphorus: 112.65mg (11.27%), Iron: 1.76mg (9.78%), Copper: 0.19mg (9.58%), Magnesium: 36.35mg (9.09%), Potassium: 300.34mg (8.58%), Vitamin B1: 0.11mg (7.42%), Vitamin A: 266.79IU (5.34%), Vitamin B2: 0.08mg (4.98%), Zinc: 0.72mg (4.81%), Calcium: 41.38mg (4.14%), Vitamin E: 0.49mg (3.26%), Vitamin B3: 0.57mg (2.85%), Vitamin B5: 0.26mg (2.56%), Selenium: 1.65µg (2.36%)