



A Nutrition Resource

## 3-BEAN SALAD

**Yield: 6 Servings | Serving Size: 1 cup**

**Cost/Serving: \$0.82**

### Ingredients:

- 1 (14.5 ounce) can green beans, drained and rinsed
- 1 (15-ounce) can pinto or garbanzo beans, drained and rinsed
- 1 (15-ounce) can red kidney beans, drained and rinsed
- 1/2 green pepper, chopped
- 2 teaspoons sugar
- 6 Tablespoons apple cider vinegar
- 3 Tablespoons vegetable oil
- 1/4 teaspoon pepper
- 1/4 teaspoon salt (optional)

### Directions:

- 1) Before starting to prepare the recipe:
  - a. Wash the green pepper.
  - b. Collect, chop, and measure all ingredients.
  - c. Open, drain, and rinse the beans.
- 2) Mix the green beans, pinto or garbanzo beans, kidney beans, and green pepper in a large bowl.
- 3) In a small bowl, mix the sugar, vinegar, oil, and black pepper. Pour the liquid mixture over the beans and green pepper and toss together.
- 4) Taste, and add salt if desired.
- 5) Serve immediately or chill over night for even better flavor.
- 6) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

**Be Creative!** Try adding minced onions, other vegetables, or cooked pasta.

## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 Cup (237g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>250</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 11g	<b>39%</b>
Total Sugars 5g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 11g	<b>22%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 104mg	<b>8%</b>
Iron 3mg	<b>15%</b>
Potassium 799mg	<b>15%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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