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Three Bean Signature Salad ♦♦

A delicious and nutritious salad made with three different types of beans.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

| | |
|-------|-----------------|
| 150 g | Kidney Beans |
| 150 g | Black Beans |
| 150 g | Chickpeas |
| 50 g | red onion |
| 50 g | Red Bell Pepper |
| 100 g | cucumber |
| 100 g | Cherry Tomatoes |

| | |
|-------------|---------------|
| 20 g | fresh parsley |
| 30 g | lemon juice |
| 30 g | olive oil |
| 5 g | salt |
| 2 g | black pepper |

Directions

Step 1

Rinse and drain the kidney beans, black beans, and chickpeas.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Chop the red onion, red bell pepper, cucumber, cherry tomatoes, and fresh parsley.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the beans, chopped vegetables, lemon juice, olive oil, salt, and black pepper. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Refrigerating

Refrigerate for at least 1 hour before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 10 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 10 g | 58.82% | 58.82% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 30 g | 54.55% | 60% |
| Fibers | 10 g | 26.32% | 40% |
| Sugars | 5 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 5 g | N/A | N/A |
| Saturated Fat | 1 g | 4.55% | 5.88% |
| Fat | 10 g | 35.71% | 40% |
| Cholesterol | 0 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|-------|------------------------|--------------------------|
| Vitamin A | 10 iu | 1.11% | 1.43% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin C | 20 mg | 22.22% | 26.67% |
| Vitamin B6 | 10 mg | 769.23% | 769.23% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 8 mg | 53.33% | 53.33% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 300 mg | 13.04% | 13.04% |
| Calcium | 6 mg | 0.6% | 0.6% |
| Iron | 15 mg | 187.5% | 83.33% |
| Potassium | 400 mg | 11.76% | 15.38% |
| Zinc | 6 mg | 54.55% | 75% |
| Selenium | 2 mcg | 3.64% | 3.64% |

Recipe Attributes

Seasonality

Spring

Summer

Fall

Events

Christmas

Easter

Thanksgiving

Barbecue

Game Day

Course

Drinks

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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