



3-Bean Salad

Servings: 6
Serving Size: 1 cup

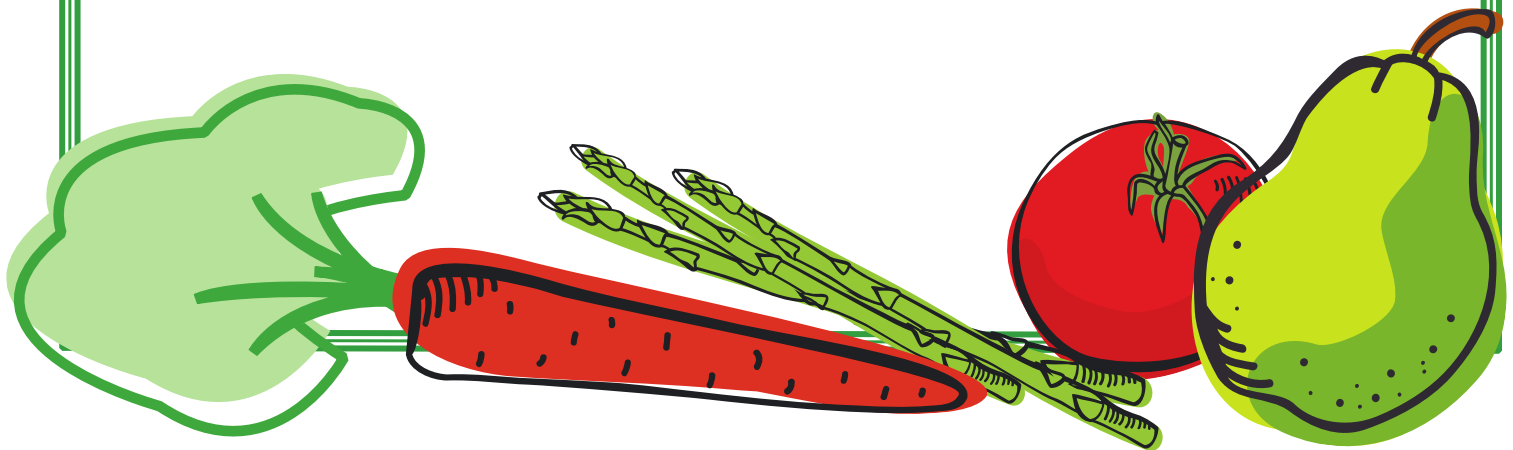
Ingredients:

- 1 (15-ounce) can green beans, drained
- 1 (15-ounce) can pinto or garbanzo beans, drained
- 1 (15-ounce) can red kidney beans, drained
- ½ cup chopped green peppers, washed
- 6 Tablespoons vinegar
- 3 Tablespoons vegetable oil
- ¼ teaspoon pepper

Directions:

1. In a medium bowl, mix the green beans, pinto, or garbanzo beans, kidney beans, and green peppers.
2. In a separate bowl mix vinegar, oil, and pepper.
3. Pour the liquid mixture over the beans and toss together.
4. Serve immediately or chill overnight for even better flavor.
5. Refrigerate leftovers.

Nutrition Facts	
Serving Size 1 Cup	
Servings Per Container	
Amount Per Serving	
Calories 260	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 38g	13%
Dietary Fiber 12g	48%
Sugars 3g	
Protein 13g	
Vitamin A 0%	Vitamin C 2%
Calcium 6%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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