

# 3-Bean Salad for One

Yield: 1 min  
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/3-bean-salad-italian-dressing-recipe>

## Ingredients:

- 1 vegetable
- 1 cup green beans
- 1 tablespoon garbanzo beans
- 1 tablespoon kidney beans
- 1 teaspoon red onion chopped
- 2 teaspoons Italian dressing

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 17 grams
3. Fat: 3.5 grams
4. Fiber: 5 grams
5. Protein: 5 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 170 milligrams
8. Sugar: 5 grams

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