

Clean 3 Bean Salad With Cilantro Salsa Dressing

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 398 milliliters beans rinsed & drained, I used kidney beans, black beans, & chickpeas
- 1 1/2 bell peppers thinly sliced
- 1/2 red onion thinly sliced
- 1 cup salsa I love Herdez brand
- 2 garlic cloves minced
- 1/4 cup cilantro chopped
- 1/4 cup white vinegar
- 1/4 cup apple cider vinegar

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 12 grams
3. Fiber: 4 grams
4. Protein: 3 grams
5. Sodium: 390 milligrams
6. Sugar: 5 grams

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