

Four-Bean Salad

Yield: 5 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/four-bean-salad-recipe-south-africa>

Ingredients:

- 1 can green beans
- 1 can kidney beans
- 1 can yellow beans cut waxed
- 1 can garbanzo beans
- 1/2 cup red onion chopped
- 1 green bell pepper chopped
- 1/2 cup vegetable oil
- 1/2 cup cider vinegar
- 1/2 cup sugar substitute
- 1 teaspoon salt
- 1/2 teaspoon pepper

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 67 grams
3. Fat: 28 grams
4. Fiber: 18 grams
5. Protein: 23 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 510 milligrams
8. Sugar: 13 grams
9. TransFat: 0.5 grams

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