

# Scarlet Runner Bean Salad

Yield: 2 min  
Total Time: 5 min

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

## Ingredients:

- 1 tablespoon apple cider vinegar
- 2 tablespoons pumpkin seed oil dark green, \*see notes
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 teaspoon sugar use powdered sugar to mix in easily
- 8 3/4 ounces runner beans Scarlet, cooked or canned \*see Notes

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 11 grams
3. Fat: 14 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 300 milligrams
8. Sugar: 6 grams

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