

# Three-bean Salad With Dill Dressing

Yield: 6 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-three-bean-salad-recipe>

## Ingredients:

- 16 ounces green beans fresh or frozen
- 2 cups garbanzo beans cooked, or a 15-ounce can, drained
- 2 cups kidney beans cooked, or a 15-ounce cans, drained
- 1 cup grape tomatoes cut in half
- 2 cloves garlic minced
- 1 shallot diced
- 1 jalapeño stems and seeds removed, diced
- 2 tablespoons white wine vinegar
- 1/4 cup mayonnaise
- 1 1/2 teaspoons dried dill weed or 1 1/2 tablespoons chopped fresh dill
- 1/4 teaspoon cumin
- 1 pinch cayenne
- salt
- black pepper

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 14 grams
6. Protein: 19 grams
7. SaturatedFat: 1 grams
8. Sodium: 230 milligrams
9. Sugar: 11 grams

Thank you for visiting our website. Hope you enjoy Three-bean Salad With Dill Dressing above. You can see more 16 southern living three bean salad recipe Try these culinary delights! to get more great cooking ideas.