

Recipe Analyzer Results

A single serving of this recipe has 168 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 8

Amount per serving

Calories 168

% Daily Value\*

Total Fat 3.8g 5%

Saturated Fat 0.4g 2%

Cholesterol 0mg 0%

Sodium 259mg 11%

Total Carbohydrate 26.4g 10%

Dietary Fiber 8.7g 31%

Total Sugars 1.6g

Protein 8.2g

Vitamin D 0mcg 0%

Calcium 71mg 5%

Iron 3mg 16%

Ingredients:

- 227 g (8 oz) green beans, trimmed
- 227 g (8 oz) yellow beans, trimmed
- 250 ml (1 cup) shelled soy beans (edamame)
- 1 can (540 mL/19 oz) sodium reduced chickpeas, drained and rinsed
- 2 stalks celery, thinly sliced
- 2 green onions, sliced
- 1 large red bell pepper, chopped
- 60 ml (1/4 cup) apple cider vinegar
- 15 ml (1 tbsp) Dijon mustard
- 15 ml (1 tbsp) canola oil
- 2 ml (1/2 tsp) fresh ground pepper
- 60 ml (1/4 cup) each chopped fresh basil and parsley or mint

Potassium 326mg

7%

## Nutrition Facts

Servings: 8

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**