

Tri Bean Salad

Ingredients:

- 1 (14oz) can black beans drained and rinsed
- 1 (14oz) can Navy beans drain and rinsed
- 1 (14oz) can red beans
- 1 small onion, chopped
- 1 stalk celery, chopped finely
- 3 garlic cloves, minced
- ½ cup lime juice
- ¼ tsp. salt
- ⅛ tsp. pepper



Nutrition Facts

Serving Size 1 cup (8 oz) (227g)
Servings Per Container

Amount Per Serving		% Daily Value*	
Calories 230	Calories from Fat 45		
Total Fat 5g			8%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 380mg			16%
Total Carbohydrate 35g			12%
Dietary Fiber 12g			48%
Sugars 1g			
Protein 12g			
Vitamin A 0%	• Vitamin C 10%		
Calcium 8%	• Iron 20%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Directions:

1. Mix all ingredients in large bowl. Let stand no less than one hour before serving (the longer the better the flavor soaks in).