



Balela Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



218 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 tablespoons apple cider vinegar
- ☐ 30 ounce black beans drained and rinsed canned
- ☐ 30 ounce garbanzo beans drained and rinsed canned
- ☐ 0.5 cup mint leaves fresh packed chopped ()
- ☐ 0.5 cup parsley fresh packed chopped ()
- ☐ 1 clove garlic minced
- ☐ 1 pint grape tomatoes halved
- ☐ 10 servings salt and ground pepper black to taste

- ☐ 1 jalapeno finely chopped
- ☐ 3 tablespoons juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup onion chopped

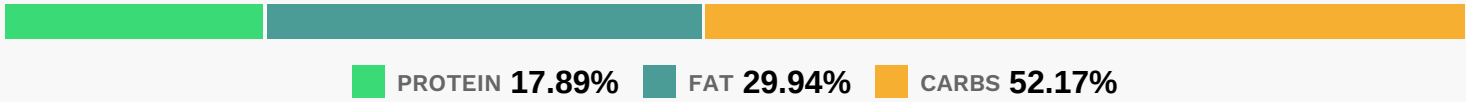
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ In a salad bowl, lightly mix together the garbanzo beans, black beans, mint, parsley, onion, and grape tomatoes.
- ☐ Place the jalapeno pepper, garlic, olive oil, lemon juice, and apple cider vinegar into a blender, and blend until thoroughly combined.
- ☐ Pour the dressing over the salad, and toss to mix; sprinkle with salt and black pepper to serve.

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:3.88, Inflammation Score:-7, Nutrition Score:16.285652077716%

Flavonoids

Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 6.59mg, Apigenin: 6.59mg, Apigenin: 6.59mg, Apigenin: 6.59mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 218.01kcal (10.9%), Fat: 7.47g (11.5%), Saturated Fat: 1.01g (6.33%), Carbohydrates: 29.3g (9.77%), Net Carbohydrates: 18.63g (6.77%), Sugar: 1.81g (2.02%), Cholesterol: 0mg (0%), Sodium: 568.73mg (24.73%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 10.05g (20.1%), Vitamin K: 56.65µg (53.95%), Manganese: 1.03mg (51.39%), Fiber: 10.68g (42.71%), Vitamin B6: 0.51mg (25.7%), Folate: 90.19µg (22.55%), Vitamin C: 17.66mg (21.4%), Phosphorus: 178.89mg (17.89%), Iron: 3.17mg (17.63%), Copper: 0.34mg (17.03%), Potassium: 553.83mg (15.82%), Magnesium: 63.14mg (15.78%), Vitamin A: 774.71IU (15.49%), Vitamin B1: 0.17mg (11.62%), Vitamin B2: 0.14mg (8.06%), Zinc: 1.21mg (8.06%), Calcium: 77.72mg (7.77%), Vitamin E: 1.12mg (7.44%), Vitamin B3: 1.03mg (5.16%), Vitamin B5: 0.5mg (4.96%), Selenium: 2.91µg (4.16%)