



Bean-and-Fennel-Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



237 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 31 ounce chickpeas rinsed canned drained
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 8 servings garnish: fennel fronds fresh
- ☐ 2 medium fennel bulbs thinly sliced
- ☐ 3 garlic cloves minced
- ☐ 0.5 cup gorgonzola cheese crumbled
- ☐ 0.8 teaspoon coarsely ground pepper
- ☐ 6 tablespoons olive oil

- ☐ 0.3 cup parsley fresh italian minced
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons citrus champagne vinegar

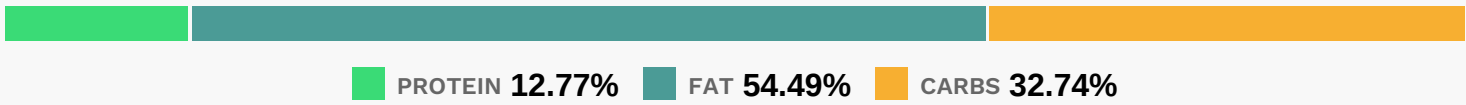
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 6 ingredients in a bowl; add beans, fennel, and garlic, tossing gently to coat.
- ☐ Sprinkle with cheese and parsley. Cover and chill at least 1 hour.
- ☐ Garnish, if desired.
- ☐ *2 (15-ounce) cans navy beans and 1/2 cup crumbled blue cheese may be substituted for chickpeas and gorgonzola.

Nutrition Facts



Properties

Glycemic Index:31.42, Glycemic Load:5.34, Inflammation Score:-5, Nutrition Score:14.376521897705%

Flavonoids

Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 237.28kcal (11.86%), Fat: 14.84g (22.83%), Saturated Fat: 3.06g (19.11%), Carbohydrates: 20.06g (6.69%), Net Carbohydrates: 13.18g (4.79%), Sugar: 2.41g (2.68%), Cholesterol: 5.3mg (1.77%), Sodium: 566.92mg (24.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.83g (15.65%), Vitamin K: 76.14µg (72.51%), Manganese: 1.07mg

(53.43%), Vitamin B6: 0.58mg (28.92%), Fiber: 6.88g (27.51%), Phosphorus: 149.02mg (14.9%), Vitamin E: 1.94mg (12.96%), Potassium: 445.27mg (12.72%), Vitamin C: 10.15mg (12.31%), Folate: 49.19µg (12.3%), Iron: 2.15mg (11.92%), Calcium: 112.47mg (11.25%), Copper: 0.22mg (11.06%), Magnesium: 43.49mg (10.87%), Zinc: 1.11mg (7.41%), Vitamin A: 348.61IU (6.97%), Vitamin B5: 0.61mg (6.07%), Selenium: 3.84µg (5.48%), Vitamin B2: 0.07mg (3.96%), Vitamin B3: 0.65mg (3.24%), Vitamin B1: 0.05mg (3.19%), Vitamin B12: 0.09µg (1.44%)