



WHATSheATE



HEALTH SCORE

80%

Bean Salad Quinoa



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



319 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce .5 can cannellini beans unsalted rinsed drained canned
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 plum tomatoes diced
- ☐ 1 cup quinoa red
- ☐ 0.3 cup onion red minced
- ☐ 4 teaspoons red wine vinegar
- ☐ 1.7 cups water

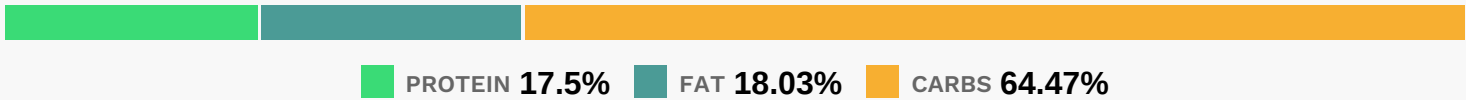
Equipment

☐ sauce pan

Directions

- ☐ Bring 1 2/3 cups water and quinoa to a boil in a medium saucepan. Reduce heat to low, and simmer 12 minutes or until quinoa is tender; drain.
- ☐ Add onion, vinegar, olive oil, kosher salt, cannellini beans, and tomatoes, stirring to combine.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:5.93, Inflammation Score:-7, Nutrition Score:18.179130533467%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 319.06kcal (15.95%), Fat: 6.46g (9.94%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 51.96g (17.32%), Net Carbohydrates: 43.34g (15.76%), Sugar: 1.55g (1.72%), Cholesterol: 0mg (0%), Sodium: 160.13mg (6.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.1g (28.21%), Manganese: 1.46mg (73.12%), Folate: 153.85µg (38.46%), Magnesium: 143.54mg (35.89%), Fiber: 8.62g (34.48%), Phosphorus: 301.71mg (30.17%), Iron: 5.27mg (29.27%), Copper: 0.54mg (26.8%), Potassium: 812.01mg (23.2%), Vitamin B1: 0.27mg (18.08%), Zinc: 2.59mg (17.26%), Vitamin E: 2.55mg (17%), Vitamin B6: 0.32mg (16.18%), Vitamin B2: 0.18mg (10.77%), Calcium: 106.36mg (10.64%), Selenium: 5.36µg (7.66%), Vitamin K: 7.68µg (7.31%), Vitamin C: 5.01mg (6.08%), Vitamin B5: 0.56mg (5.65%), Vitamin A: 264.38IU (5.29%), Vitamin B3: 0.96mg (4.81%)