



Bean Salad with Artichokes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



223 kcal

SIDE DISH

Ingredients

- ☐ 14 ounce artichoke hearts drained quartered canned
- ☐ 1 tablespoon balsamic vinegar
- ☐ 19 ounce chickpeas drained canned (garbanzo beans)
- ☐ 19 ounce kidney beans red drained canned
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 ounce feta cheese crumbled
- ☐ 0.3 cup parsley fresh chopped

- ☐ 1 garlic clove minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 1 cup plum tomatoes chopped
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 cup onion red chopped
- ☐ 1.5 teaspoons spicy brown mustard

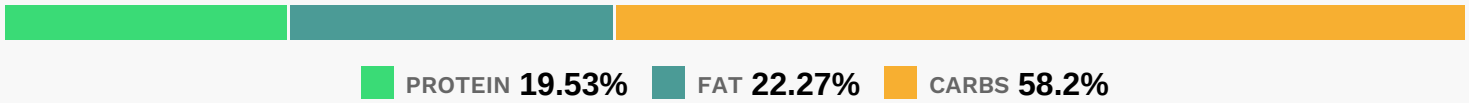
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare salad, combine first 7 ingredients in a large bowl.
- ☐ To prepare the dressing, combine the cheese and remaining ingredients in a small bowl, stirring with a whisk.
- ☐ Pour dressing over salad; cover and chill for 1 hour.

Nutrition Facts



Properties

Glycemic Index:60.89, Glycemic Load:8.93, Inflammation Score:-9, Nutrition Score:17.756086805592%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 223.38kcal (11.17%), Fat: 5.66g (8.71%), Saturated Fat: 1.25g (7.78%), Carbohydrates: 33.29g (11.1%), Net Carbohydrates: 22.17g (8.06%), Sugar: 4.88g (5.42%), Cholesterol: 4.21mg (1.4%), Sodium: 796.74mg (34.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.17g (22.35%), Manganese: 1.14mg (57.04%), Vitamin K: 57.76µg (55.01%), Fiber: 11.12g (44.46%), Vitamin C: 28.6mg (34.67%), Vitamin B6: 0.62mg (30.92%), Phosphorus: 205.22mg (20.52%), Vitamin A: 975.98IU (19.52%), Iron: 3.14mg (17.46%), Folate: 68.12µg (17.03%), Magnesium: 64.28mg (16.07%), Copper: 0.32mg (15.8%), Potassium: 540.56mg (15.44%), Vitamin B1: 0.17mg (11.13%), Calcium: 107.02mg (10.7%), Zinc: 1.51mg (10.06%), Vitamin B2: 0.14mg (8.48%), Vitamin E: 0.9mg (5.98%), Selenium: 4.1µg (5.86%), Vitamin B5: 0.55mg (5.49%), Vitamin B3: 1.06mg (5.29%), Vitamin B12: 0.08µg (1.33%)