



Bean Salad with Cheese Chips

READY IN



30 min.

SERVINGS



4

CALORIES



258 kcal

SIDE DISH

Ingredients

- ☐ 4 cups baby salad greens
- ☐ 1 pinch pepper black freshly ground
- ☐ 2 teaspoons flour all-purpose
- ☐ 3 cups lima beans *soaked overnight shelled cooked
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup parmesan cheese finely grated
- ☐ 0.3 cup pecorino cheese divided finely grated
- ☐ 1 pinch salt
- ☐ 2 teaspoons white-wine vinegar

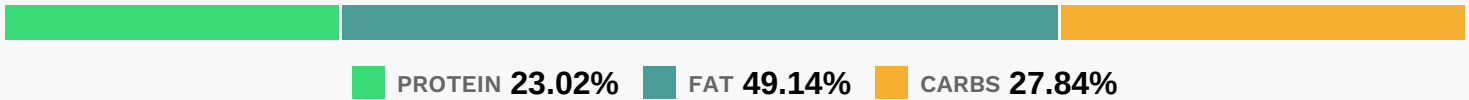
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ To make chips: Preheat oven to 37
- ☐ Line baking sheet with parchment. In bowl, mix 1/4 cup Pecorino, Parmesan, and flour; spoon into 8 (2-inch) circles on sheet.
- ☐ Bake 10 minutes, until beginning to color. Cool on parchment.
- ☐ In large bowl, whisk oil with vinegar, salt, and pepper.
- ☐ Add beans, salad greens, and remaining 1 TBSP Pecorino; toss gently to coat.
- ☐ Serve with cheese chips.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.62, Inflammation Score:-4, Nutrition Score:6.6660869911961%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 257.96kcal (12.9%), Fat: 14.18g (21.82%), Saturated Fat: 3.01g (18.81%), Carbohydrates: 18.07g (6.02%), Net Carbohydrates: 13.54g (4.92%), Sugar: 3.05g (3.39%), Cholesterol: 11.94mg (3.98%), Sodium: 204.83mg (8.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.94g (29.89%), Calcium: 218.93mg (21.89%), Iron: 3.42mg (19.03%), Fiber: 4.53g (18.12%), Potassium: 589.12mg (16.83%), Vitamin C: 9.29mg (11.26%), Vitamin A: 534.54IU (10.69%), Phosphorus: 104.04mg (10.4%), Vitamin E: 1.06mg (7.03%), Selenium: 3.59µg (5.13%), Folate: 17.45µg (4.36%), Vitamin K: 4.5µg (4.29%), Vitamin B2: 0.07mg (4.1%), Manganese: 0.08mg (3.83%), Zinc: 0.52mg (3.49%),

Vitamin B12: 0.15µg (2.57%), Magnesium: 9.51mg (2.38%), Vitamin B6: 0.04mg (2.14%), Vitamin B1: 0.02mg (1.59%),
Vitamin B3: 0.29mg (1.45%), Copper: 0.03mg (1.32%)