



HEALTH SCORE

100%

Beans-n-Greens Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



347 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 ounce .5 can cannellini beans drained canned
- 1 head endive chopped
- 2 cloves garlic minced
- 0.3 cup olive oil extra-virgin
- 1 head leaf lettuce green red chopped
- 0.5 onion red chopped
- 0.3 cup red wine vinegar
- 4 servings salt and pepper

2 tablespoons sugar

Equipment

food processor

bowl

whisk

blender

Directions

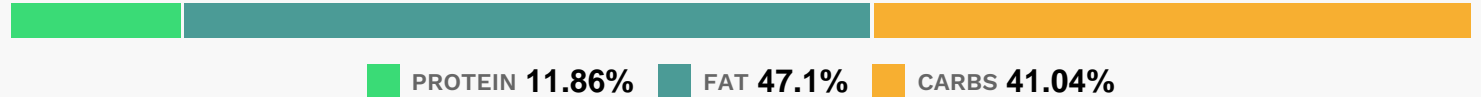
Arrange the greens on a large platter or in a salad bowl. Top with beans and red onions.

In a small bowl, combine garlic, sugar and vinegar.

Whisk in oil.

Pour dressing evenly over the salad. Dressing may also be made in blender or food processor. Season salad with salt and pepper, serve.

Nutrition Facts



Properties

Glycemic Index:50.77, Glycemic Load:10.14, Inflammation Score:-10, Nutrition Score:27.415217295937%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 11.46mg, Kaempferol: 11.46mg, Kaempferol: 11.46mg, Kaempferol: 11.46mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg

Nutrients (% of daily need)

Calories: 346.61kcal (17.33%), Fat: 18.71g (28.78%), Saturated Fat: 2.64g (16.52%), Carbohydrates: 36.69g (12.23%), Net Carbohydrates: 26.66g (9.69%), Sugar: 7.88g (8.75%), Cholesterol: 0mg (0%), Sodium: 251.48mg (10.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.6g (21.2%), Vitamin K: 387.27µg (368.83%), Vitamin A: 9102.79IU (182.06%), Folate: 265.71µg (66.43%), Manganese: 1.3mg (64.77%), Fiber: 10.03g (40.1%), Potassium: 1042.76mg (29.79%), Iron: 5.11mg (28.41%), Vitamin E: 4.13mg (27.53%), Magnesium: 85.15mg (21.29%), Vitamin C:

17.15mg (20.79%), Copper: 0.4mg (19.8%), Vitamin B1: 0.26mg (17.63%), Calcium: 175.64mg (17.56%), Phosphorus: 161.82mg (16.18%), Zinc: 2.29mg (15.25%), Vitamin B5: 1.36mg (13.56%), Vitamin B2: 0.2mg (11.89%), Vitamin B6: 0.22mg (10.92%), Vitamin B3: 0.93mg (4.67%), Selenium: 2.78µg (3.98%)