



## Bell Pepper-White Bean Salad

READY IN



45 min.

SERVINGS



8

CALORIES



184 kcal

SIDE DISH

### Ingredients

- 0.5 cup julienne-cut bell pepper green (2-inch)
- 0.5 cup julienne-cut bell pepper red (2-inch)
- 0.3 teaspoon pepper black freshly ground
- 16 ounce cannellini beans beans white rinsed drained canned
- 4 cups penne pasta tube-shaped cooked uncooked ( 8 ounces pasta)
- 2 tablespoons parsley fresh chopped
- 0.8 cup ham cubed ( ) ( 5 ounces)
- 2 tablespoons kalamata olives diced
- 1 tablespoon olive oil

- 1 ounce parmesan cheese grated
- 0.3 cup red wine vinegar
- 2 tablespoons spicy brown mustard

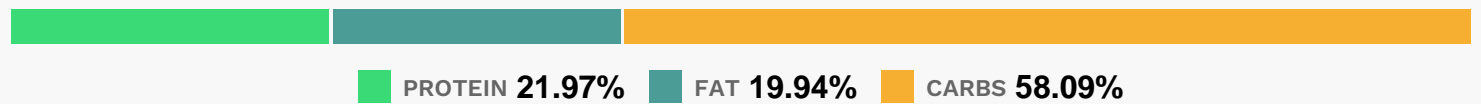
## Equipment

- bowl
- whisk

## Directions

- Combine the first 8 ingredients in a large bowl.
- Combine the vinegar and remaining ingredients in a small bowl, and stir well with a whisk. Stir into pasta mixture; cover and chill.

## Nutrition Facts



## Properties

Glycemic Index:30.56, Glycemic Load:9.08, Inflammation Score:-6, Nutrition Score:9.7539130731121%

## Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 184.01kcal (9.2%), Fat: 4.09g (6.3%), Saturated Fat: 1g (6.28%), Carbohydrates: 26.83g (8.94%), Net Carbohydrates: 22.72g (8.26%), Sugar: 1.31g (1.45%), Cholesterol: 8.14mg (2.71%), Sodium: 273.66mg (11.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.15g (20.29%), Vitamin C: 20.79mg (25.2%), Manganese: 0.48mg (24%), Selenium: 14.23µg (20.33%), Vitamin K: 20.49µg (19.51%), Fiber: 4.12g (16.47%), Iron: 2.59mg (14.39%), Folate: 47.15µg (11.79%), Phosphorus: 110.53mg (11.05%), Magnesium: 43.1mg (10.78%), Copper: 0.19mg (9.56%), Potassium: 331.09mg (9.46%), Calcium: 93.43mg (9.34%), Vitamin A: 448.81IU (8.98%), Zinc: 1.02mg (6.82%), Vitamin E: 1.01mg (6.75%), Vitamin B6: 0.12mg (5.94%), Vitamin B1: 0.08mg (5.54%), Vitamin B2: 0.06mg (3.26%), Vitamin B5: 0.22mg (2.24%), Vitamin B3: 0.42mg (2.1%)