



## Best Apple Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



163 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 medium apples sweet cored cubed
- 15 ounce kidney beans rinsed drained canned
- 2 teaspoons dijon mustard
- 1 bell pepper diced green
- 4 servings ground pepper black to taste
- 1 tablespoon honey
- 0.3 cup onion red chopped
- 2 tablespoons citrus champagne vinegar

# Equipment

bowl

whisk

# Directions

In a medium bowl, combine the apples, bell pepper, red onion and kidney beans. In a separate bowl, whisk together the vinegar, honey, mustard and pepper.

Pour over the salad, and stir gently to coat.

# Nutrition Facts



**PROTEIN 14.62%** **FAT 3.59%** **CARBS 81.79%**

# Properties

Glycemic Index:59.32, Glycemic Load:11.16, Inflammation Score:-5, Nutrition Score:9.4343479301618%

# Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

# Nutrients (% of daily need)

Calories: 162.54kcal (8.13%), Fat: 0.69g (1.06%), Saturated Fat: 0.13g (0.83%), Carbohydrates: 35.18g (11.73%), Net Carbohydrates: 26.54g (9.65%), Sugar: 16.92g (18.79%), Cholesterol: 0mg (0%), Sodium: 302.69mg (13.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.29g (12.57%), Vitamin C: 29.77mg (36.08%), Fiber: 8.64g (34.55%), Manganese: 0.42mg (21.06%), Phosphorus: 135.22mg (13.52%), Potassium: 451.17mg (12.89%), Magnesium: 42.19mg (10.55%), Copper: 0.21mg (10.51%), Vitamin B1: 0.15mg (10.3%), Vitamin B6: 0.2mg (10.21%), Iron: 1.67mg (9.25%), Folate: 35.54µg (8.89%), Vitamin K: 8.8µg (8.38%), Vitamin B2: 0.11mg (6.46%), Zinc: 0.78mg (5.21%), Calcium: 44.35mg (4.43%), Vitamin B3: 0.78mg (3.92%), Vitamin A: 161.74IU (3.23%), Selenium: 2.12µg

(3.02%), Vitamin B5: 0.25mg (2.48%), Vitamin E: 0.31mg (2.05%)