



Black and White Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



226 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 15 ounce black beans rinsed canned
- 15 ounce .5 can cannellini beans white rinsed canned
- 0.3 cup celery finely chopped
- 3 tablespoons parsley fresh chopped
- 1 garlic clove minced
- 2 tablespoons juice of lemon fresh
- 2 tablespoons olive oil extra-virgin

- 3 tablespoons pinenuts toasted
- 0.5 cup bottled roasted bell peppers red dry with a paper towel and sliced
- 0.5 teaspoon salt

Equipment

- bowl

Directions

- Combine all ingredients in a large bowl; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:3.71, Inflammation Score:-6, Nutrition Score:14.610869770465%

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: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 4.43mg, Apigenin: 4.43mg, Apigenin: 4.43mg, Apigenin: 4.43mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 225.87kcal (11.29%), Fat: 8.58g (13.19%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 28.74g (9.58%), Net Carbohydrates: 19.92g (7.24%), Sugar: 0.59g (0.66%), Cholesterol: 0mg (0%), Sodium: 634.05mg (27.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.35g (20.71%), Manganese: 1.03mg (51.36%), Vitamin K: 41.87µg (39.88%), Fiber: 8.82g (35.27%), Folate: 98.47µg (24.62%), Iron: 4.02mg (22.36%), Copper: 0.39mg (19.54%), Magnesium: 76.96mg (19.24%), Potassium: 618.42mg (17.67%), Phosphorus: 175.72mg (17.57%), Vitamin C: 12.26mg (14.86%), Vitamin B1: 0.19mg (12.89%), Vitamin E: 1.73mg (11.56%), Zinc: 1.56mg (10.38%), Calcium: 88.68mg (8.87%), Vitamin B2: 0.13mg (7.77%), Vitamin B6: 0.13mg (6.58%), Vitamin A: 253.58IU (5.07%), Vitamin B3: 0.85mg (4.26%), Selenium: 2.23µg (3.18%), Vitamin B5: 0.31mg (3.12%)