



Broccoli-and-Cannellini Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



212 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups broccoli florets coarsely chopped
- ☐ 15 ounce cannellini beans beans white rinsed drained canned
- ☐ 1 garlic clove minced
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup onion red finely chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 cup bottled roasted bell pepper red finely chopped chopped

☐ 0.1 teaspoon salt

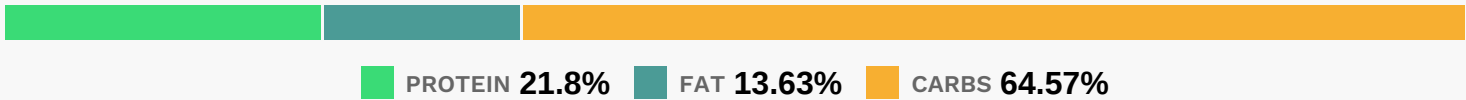
Equipment

☐ bowl

Directions

- ☐ Steam broccoli, covered, 3 minutes or until crisp-tender. Set aside.
- ☐ Combine vinegar, oil, pepper, salt, and garlic in a medium bowl; stir well.
- ☐ Add broccoli, bell pepper, onion, and beans; toss gently.
- ☐ Serve on lettuce-lined plates, if desired.

Nutrition Facts



Properties

Glycemic Index:50.67, Glycemic Load:8.18, Inflammation Score:-7, Nutrition Score:18.003912956818%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 211.88kcal (10.59%), Fat: 3.3g (5.08%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 35.24g (11.75%), Net Carbohydrates: 26.82g (9.75%), Sugar: 1.76g (1.96%), Cholesterol: 0mg (0%), Sodium: 280.3mg (12.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.9g (23.8%), Vitamin C: 47.36mg (57.41%), Vitamin K: 52.47µg (49.97%), Manganese: 0.9mg (45.21%), Fiber: 8.42g (33.67%), Folate: 125.26µg (31.31%), Iron: 4.79mg (26.59%), Potassium: 833.99mg (23.83%), Magnesium: 85.4mg (21.35%), Copper: 0.38mg (18.89%), Phosphorus: 167.81mg (16.78%), Calcium: 135.95mg (13.59%), Vitamin E: 1.86mg (12.43%), Zinc: 1.83mg (12.23%), Vitamin B1: 0.18mg (11.97%), Vitamin B6: 0.24mg (11.78%), Vitamin A: 345.4IU (6.91%), Vitamin B2: 0.11mg (6.72%), Vitamin B5: 0.55mg (5.52%), Selenium: 3.66µg (5.23%), Vitamin B3: 0.54mg (2.7%)