



HEALTH SCORE

87%

Butter bean & chilli tomato salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



215 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 540 g shell beans
- ☐ 500 g tomatoes cored peeled
- ☐ 1 to 5 chillies red
- ☐ 1 bunch basil
- ☐ 1 garlic clove
- ☐ 1 tbsp olive oil
- ☐ 1 tbsp red wine vinegar

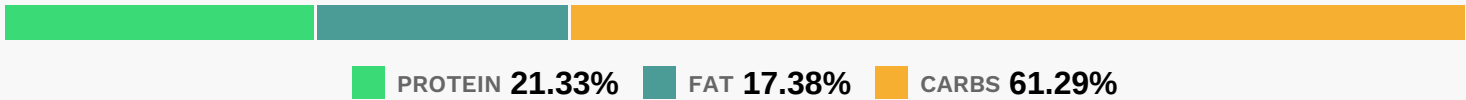
Equipment

- ☐ food processor
- ☐ bowl
- ☐ mixing bowl

Directions

- ☐ Drain and rinse the butter beans and place in a mixing bowl. Chop the tomatoes and add to the beans.
- ☐ Place the chilli, basil (reserving a few small leaves) garlic, olive oil and vinegar in the small bowl of a food processor then whizz until smooth.
- ☐ Add to the tomatoes and beans, season and mix.
- ☐ Serve scattered with a few small leaves.

Nutrition Facts



Properties

Glycemic Index:53.63, Glycemic Load:7.63, Inflammation Score:-8, Nutrition Score:17.996956203295%

Flavonoids

Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 215.48kcal (10.77%), Fat: 4.33g (6.66%), Saturated Fat: 0.64g (4.03%), Carbohydrates: 34.35g (11.45%), Net Carbohydrates: 23.19g (8.43%), Sugar: 7.81g (8.68%), Cholesterol: 0mg (0%), Sodium: 10.54mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.95g (23.91%), Manganese: 0.9mg (44.87%), Fiber: 11.17g (44.67%), Vitamin C: 33.9mg (41.1%), Folate: 134.77µg (33.69%), Potassium: 1028.67mg (29.39%), Vitamin A: 1253.92IU (25.08%), Vitamin K: 24.57µg (23.4%), Iron: 3.79mg (21.07%), Copper: 0.42mg (20.79%), Vitamin B6: 0.39mg (19.33%), Magnesium: 76mg (19%), Phosphorus: 187.25mg (18.73%), Vitamin B1: 0.27mg (18.26%), Zinc: 1.55mg (10.34%), Vitamin E: 1.52mg (10.11%), Selenium: 6.24µg (8.92%), Vitamin B3: 1.47mg (7.37%), Vitamin B5: 0.71mg (7.12%), Vitamin B2: 0.11mg (6.47%), Calcium: 42.18mg (4.22%)