



Butter bean & tomato salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



149 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 420 g butter beans drained and rinsed canned
- ☐ 500 g cherry tomatoes quartered
- ☐ 2 small zucchini green yellow chopped (300g 10oz in total)
- ☐ 1 small onion red chopped
- ☐ 15 g cilantro leaves fresh chopped
- ☐ 2 tbsp juice of lemon
- ☐ 3 tbsp olive oil
- ☐ 1 tsp ground cumin

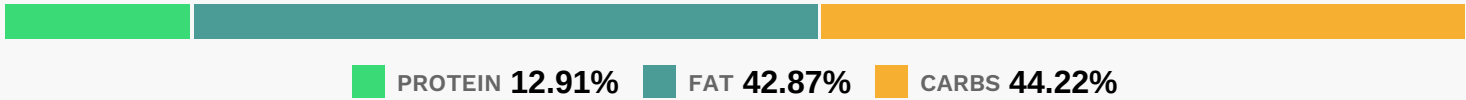
Equipment

☐ bowl

Directions

- ☐ Tip all the ingredients into a bowl with some salt and pepper and mix well. Cover and leave at room temperature until ready to serve. This salad can happily be made the day before and chilled.
- ☐ On the day, bring the salad to room temperature and give it a good stir before serving.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:3.06, Inflammation Score:-7, Nutrition Score:10.364782675453%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg

Nutrients (% of daily need)

Calories: 149.13kcal (7.46%), Fat: 7.45g (11.47%), Saturated Fat: 1.05g (6.59%), Carbohydrates: 17.3g (5.77%), Net Carbohydrates: 12.53g (4.56%), Sugar: 3.99g (4.43%), Cholesterol: 0mg (0%), Sodium: 250.15mg (10.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.1%), Vitamin C: 30.03mg (36.4%), Manganese: 0.46mg (22.86%), Fiber: 4.77g (19.07%), Folate: 61.34µg (15.33%), Vitamin K: 16.08µg (15.31%), Potassium: 489.3mg (13.98%), Vitamin A: 659.77IU (13.2%), Iron: 2.33mg (12.92%), Magnesium: 45.88mg (11.47%), Copper: 0.23mg (11.29%), Vitamin B6: 0.22mg (11.16%), Vitamin E: 1.61mg (10.71%), Phosphorus: 98.66mg (9.87%), Vitamin B1: 0.1mg (6.64%), Selenium: 3.78µg (5.4%), Vitamin B2: 0.09mg (5.29%), Zinc: 0.76mg (5.06%), Vitamin B3: 0.87mg (4.36%), Vitamin B5: 0.41mg (4.12%), Calcium: 39.53mg (3.95%)