



Cannellini bean, cherry tomato & red onion salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



5 min.

SERVINGS



4

CALORIES



360 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

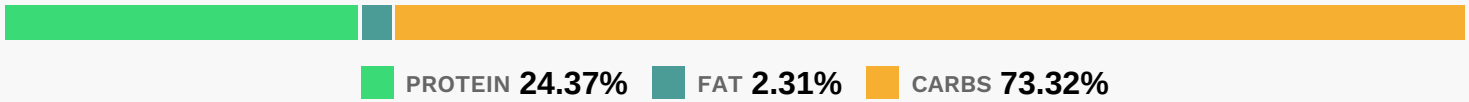
- ☐ 1200 g cannellini beans canned
- ☐ 140 g cherry tomatoes halved
- ☐ 1 onion red thinly sliced
- ☐ 1 tbsp red wine vinegar
- ☐ 1 small bunch basil

Equipment

Directions

☐ Rinse and drain the beans and mix with the tomatoes, onion and vinegar. Season, then add basil just before serving.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:15.83, Inflammation Score:-8, Nutrition Score:24.062173781188%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

Nutrients (% of daily need)

Calories: 360.47kcal (18.02%), Fat: 0.95g (1.46%), Saturated Fat: 0.25g (1.54%), Carbohydrates: 67.64g (22.55%), Net Carbohydrates: 52.49g (19.09%), Sugar: 2.91g (3.24%), Cholesterol: 0mg (0%), Sodium: 20.33mg (0.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.48g (44.96%), Manganese: 1.64mg (82.09%), Fiber: 15.14g (60.58%), Iron: 9.35mg (51.92%), Folate: 206.13µg (51.53%), Potassium: 1485.8mg (42.45%), Magnesium: 160.33mg (40.08%), Copper: 0.74mg (37.05%), Phosphorus: 292.19mg (29.22%), Calcium: 232.94mg (23.29%), Zinc: 3.47mg (23.15%), Vitamin B1: 0.31mg (20.93%), Vitamin E: 2.59mg (17.25%), Vitamin K: 18.09µg (17.23%), Vitamin B6: 0.29mg (14.44%), Vitamin C: 10.39mg (12.6%), Vitamin B2: 0.13mg (7.51%), Selenium: 5.12µg (7.31%), Vitamin B5: 0.64mg (6.38%), Vitamin A: 277.2IU (5.54%), Vitamin B3: 0.58mg (2.88%)