



WHATSheATE



HEALTH SCORE

61%

Cannellini Bean, Red Onion, and Arugula Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



10

CALORIES



236 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 bunch arugula thick washed and dried



0.3 cup balsamic vinegar



1 Handful basil leaves washed roughly chopped



60 ounce .5 can cannellini beans canned



0.5 cup olive oil extra virgin



20 grinds pepper black



1.5 cups onion red thinly sliced

☐ 1 teaspoon salt

Equipment

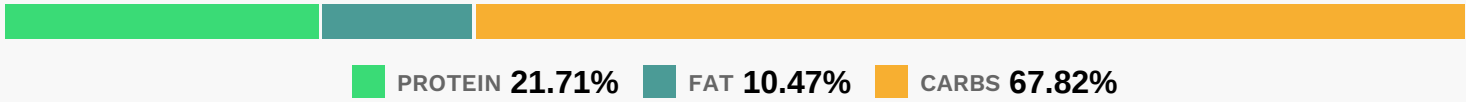
☐ bowl

☐ colander

Directions

- ☐ Empty the cans of beans into a colander and rinse them briefly under cold water.
- ☐ Drain thoroughly and empty the colander into a large serving bowl. Toss the beans together with the red onion and arugula. Shake the olive oil, vinegar, chopped basil, salt and pepper in a sealable container until the salt is dissolved.
- ☐ Pour the dressing over the salad and toss well. It's best to make and dress the salad about an hour before you serve it.
- ☐ Let it stand at room temperature, tossing every time you think about it. Just before serving, adjust the seasoning with salt and pepper, to taste. ;

Nutrition Facts



Properties

Glycemic Index:24.2, Glycemic Load:10.01, Inflammation Score:-7, Nutrition Score:15.53782599387%

Flavonoids

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: 1.69mg, Isorhamnetin: 1.69mg, Isorhamnetin: 1.69mg, Isorhamnetin: 1.69mg Kaempferol: 4.1mg, Kaempferol: 4.1mg, Kaempferol: 4.1mg, Kaempferol: 4.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

Nutrients (% of daily need)

Calories: 236.11kcal (11.81%), Fat: 2.82g (4.34%), Saturated Fat: 0.48g (2.97%), Carbohydrates: 41.08g (13.69%), Net Carbohydrates: 31.82g (11.57%), Sugar: 2.71g (3.01%), Cholesterol: 0mg (0%), Sodium: 246.98mg (10.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.15g (26.3%), Manganese: 1.21mg (60.48%), Fiber: 9.26g (37.05%), Folate: 126.56µg (31.64%), Iron: 5.56mg (30.9%), Potassium: 883.36mg (25.24%), Magnesium: 98.78mg (24.69%), Copper: 0.44mg (22.09%), Vitamin K: 22.75µg (21.67%), Phosphorus: 172.11mg (17.21%), Calcium: 158.87mg (15.89%),

Zinc: 2.03mg (13.53%), Vitamin B1: 0.18mg (12.1%), Vitamin E: 1.73mg (11.54%), Vitamin B6: 0.17mg (8.54%), Vitamin A: 290.12IU (5.8%), Vitamin B2: 0.08mg (4.88%), Vitamin C: 3.51mg (4.25%), Selenium: 2.97µg (4.25%), Vitamin B5: 0.42mg (4.22%), Vitamin B3: 0.28mg (1.4%)