



Cannellini Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



7

CALORIES



150 kcal

SIDE DISH

Ingredients

- 2 tablespoons balsamic vinegar
- 30 ounces kidney beans white rinsed drained canned
- 3 rib celery stalks with leaves, sliced
- 0.5 cup parsley fresh minced
- 0.3 cup spring onion chopped
- 2 tablespoons olive oil
- 0.3 teaspoon pepper
- 0.8 cup onion red chopped

0.5 cup bell pepper sweet red chopped

0.5 teaspoon salt

Equipment

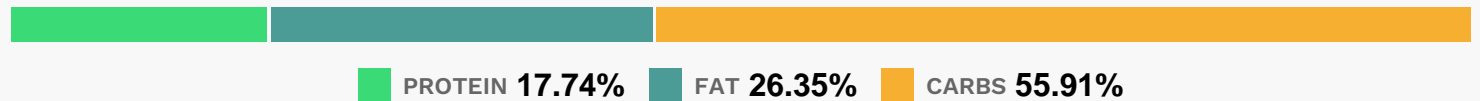
bowl

Directions

In a large bowl, toss the beans, celery, red onion, red pepper, parsley and green onions. In a small bowl, combine the oil, vinegar, salt and pepper.

Pour over salad and toss to coat. Cover and refrigerate for 1 hour or until chilled.

Nutrition Facts



Properties

Glycemic Index:41.29, Glycemic Load:7, Inflammation Score:-7, Nutrition Score:12.659565127414%

Flavonoids

Apigenin: 9.25mg, Apigenin: 9.25mg, Apigenin: 9.25mg, Apigenin: 9.25mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 150.35kcal (7.52%), Fat: 4.53g (6.97%), Saturated Fat: 0.66g (4.14%), Carbohydrates: 21.63g (7.21%), Net Carbohydrates: 14.42g (5.24%), Sugar: 4.23g (4.7%), Cholesterol: 0mg (0%), Sodium: 482.71mg (20.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.86g (13.72%), Vitamin K: 85.9µg (81.81%), Fiber: 7.21g (28.85%), Vitamin C: 22.25mg (26.97%), Manganese: 0.42mg (20.81%), Vitamin A: 732.52IU (14.65%), Phosphorus: 141.42mg (14.14%), Folate: 48.71µg (12.18%), Potassium: 404.24mg (11.55%), Iron: 1.98mg (11.02%), Magnesium: 43.02mg (10.76%), Copper: 0.2mg (9.94%), Vitamin B1: 0.15mg (9.88%), Vitamin B6: 0.16mg (7.77%), Vitamin B2: 0.1mg (6.03%), Zinc: 0.87mg (5.83%), Vitamin E: 0.83mg (5.5%), Calcium: 50.27mg (5.03%), Vitamin B3: 0.8mg (4.01%), Vitamin B5: 0.23mg (2.35%), Selenium: 1.46µg (2.09%)