



## Citrus and Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



126 kcal

SIDE DISH

### Ingredients

- 2 tablespoons garlic minced
- 2 tablespoons fresh-ground pepper
- 0.3 cup juice of lemon
- 1 tablespoon long fine
- 1 tablespoon long fine
- 1 teaspoon long fine
- 0.3 cup olive oil
- 3 oranges cut into round slices ()

- 1 cup parsley minced
- 2 cups onions red thinly sliced finely chopped
- 14 oz scarlet runner dried red
- 1 teaspoon salt

## Equipment

- bowl
- frying pan

## Directions

- Sort beans for debris, then rinse. Bring beans and 2 quarts water to a boil over high heat in a 5- to 6-quart pan. Cover, boil for 2 minutes, and remove from heat. Beans are ready to cook after soaking for 2 hours, but are more digestible after 4 hours.
- Drain and rinse beans.
- In a 6- to 8-quart pan, bring 2 quarts water, beans, 1 1/2 cups chopped onions, and garlic to a boil over high heat. Reduce heat and simmer, covered, for 40 minutes.
- Add 1 teaspoon salt and simmer until beans are just tender to bite, 30 to 40 minutes longer.
- Drain beans and let cool in a bowl. Gently mix in remaining 1/2 cup chopped onion, parsley, oil, lemon juice, and pepper.
- Garnish with onion slices, and orange, lemon, and lime peels. Spoon over orange slices.
- Add salt to taste.

## Nutrition Facts



**PROTEIN 6.9%** **FAT 46.59%** **CARBS 46.51%**

## Properties

Glycemic Index:30.19, Glycemic Load:4.21, Inflammation Score:-8, Nutrition Score:13.828260737917%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 14.6mg, Hesperetin: 14.6mg, Hesperetin: 14.6mg, Hesperetin: 14.6mg Naringenin: 7.64mg, Naringenin: 7.64mg, Naringenin: 7.64mg, Naringenin: 7.64mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.26mg,

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 1.3mg, Myricetin: 1.3mg, Myricetin: 1.3mg, Myricetin: 1.3mg Quercetin: 9.78mg, Quercetin: 9.78mg, Quercetin: 9.78mg, Quercetin: 9.78mg

## **Nutrients (% of daily need)**

Calories: 126.42kcal (6.32%), Fat: 7.1g (10.92%), Saturated Fat: 1.02g (6.35%), Carbohydrates: 15.95g (5.32%), Net Carbohydrates: 11.89g (4.32%), Sugar: 8.23g (9.14%), Cholesterol: 0mg (0%), Sodium: 300.39mg (13.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.73%), Vitamin K: 151.05µg (143.85%), Vitamin C: 50.76mg (61.52%), Vitamin A: 1097.94IU (21.96%), Manganese: 0.41mg (20.47%), Fiber: 4.06g (16.23%), Folate: 52.29µg (13.07%), Potassium: 332.53mg (9.5%), Vitamin B6: 0.19mg (9.48%), Vitamin E: 1.36mg (9.07%), Vitamin B1: 0.12mg (7.81%), Iron: 1.35mg (7.49%), Magnesium: 28.89mg (7.22%), Calcium: 70.82mg (7.08%), Vitamin B2: 0.1mg (5.69%), Copper: 0.11mg (5.6%), Phosphorus: 48.01mg (4.8%), Vitamin B5: 0.36mg (3.63%), Vitamin B3: 0.7mg (3.48%), Zinc: 0.35mg (2.34%), Selenium: 1.13µg (1.61%)