



Cold Provençal White Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



166 kcal

SIDE DISH

Ingredients

- 2 tablespoons dijon mustard
- 2 cloves garlic pressed
- 4 spring onion very thinly sliced
- 6 large romaine leaves
- 0.5 cup olive oil
- 1 cup olives mediterranean-style pitted halved
- 6 servings pepper black freshly ground to taste
- 2 small tomatoes for garnish cut into wedges,

- 6 cups water
- 2 cups beans dried white
- 0.3 cup citrus champagne vinegar

Equipment

- bowl
- whisk
- slow cooker
- immersion blender
- colander

Directions

- Thoroughly rinse the beans and place them and the water in the slow cooker insert. Cover and cook on low for 6 to 8 hours, or until the beans are tender. Quickly and gently pour them into a colander and drain them. (You can reserve the cooking water and use it to thicken soups or stews.)
- Transfer the beans to a serving bowl.
- In a small bowl, combine the vinegar, oil, mustard, and garlic. Blend thoroughly with a whisk or an immersion blender.
- Pour the dressing over the beans and mix thoroughly.
- Add the green onions, olives, and salt and pepper to taste, and toss by hand (or if you must, using spoons).
- Serve either chilled or at room temperature on lettuce leaves and garnish with the tomato wedges.
- Taste
- Book, using the USDA Nutrition Database
- add notes my notes
- edit my notes
- done

Nutrition Facts

PROTEIN 16.28% FAT 39.38% CARBS 44.34%

Properties

Glycemic Index:27.33, Glycemic Load:0.55, Inflammation Score:-9, Nutrition Score:11.837391283201%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 165.69kcal (8.28%), Fat: 7.5g (11.55%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 19.01g (6.34%), Net Carbohydrates: 13.43g (4.88%), Sugar: 1.63g (1.81%), Cholesterol: 0mg (0%), Sodium: 431.98mg (18.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.98g (13.96%), Vitamin A: 2202.01IU (44.04%), Manganese: 0.55mg (27.69%), Vitamin K: 23.78µg (22.65%), Fiber: 5.57g (22.3%), Folate: 68.19µg (17.05%), Iron: 2.91mg (16.14%), Vitamin E: 2.24mg (14.9%), Potassium: 501.47mg (14.33%), Copper: 0.27mg (13.48%), Magnesium: 53.71mg (13.43%), Vitamin C: 10.36mg (12.56%), Calcium: 95.97mg (9.6%), Phosphorus: 93.41mg (9.34%), Vitamin B1: 0.13mg (8.42%), Zinc: 1.03mg (6.9%), Vitamin B6: 0.13mg (6.59%), Selenium: 3.02µg (4.31%), Vitamin B2: 0.07mg (4.1%), Vitamin B3: 0.49mg (2.46%), Vitamin B5: 0.2mg (1.97%)