



HEALTH SCORE

69%

Confetti Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



267 kcal

SIDE DISH

Ingredients

- ☐ 15.5 ounce .5 can cannellini beans rinsed canned drained
- ☐ 1 small carrots thinly sliced
- ☐ 1 rib celery thinly sliced
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 tablespoons juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 0.5 medium onion finely chopped
- ☐ 0.5 teaspoon pepper

- ☐ 1 medium size bell pepper red cut into thin strips
- ☐ 0.5 teaspoon salt

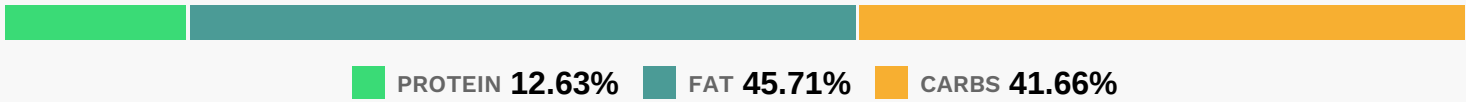
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 4 ingredients in a large bowl; add beans and next 5 ingredients, tossing gently to coat. Cover and chill at least 1 hour.
- ☐ Sprinkle with feta cheese, if desired.
- ☐ *2 (15-ounce) cans navy beans may be substituted for cannellini beans.

Nutrition Facts



Properties

Glycemic Index:58.21, Glycemic Load:6.71, Inflammation Score:-10, Nutrition Score:19.271739047507%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 267.42kcal (13.37%), Fat: 14.02g (21.56%), Saturated Fat: 1.99g (12.42%), Carbohydrates: 28.75g (9.58%), Net Carbohydrates: 22.04g (8.01%), Sugar: 3.06g (3.4%), Cholesterol: 0mg (0%), Sodium: 309.28mg (13.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.72g (17.43%), Vitamin K: 76.46µg (72.82%), Vitamin A: 3339.06IU (66.78%), Vitamin C: 49.18mg (59.62%), Manganese: 0.67mg (33.75%), Fiber: 6.71g (26.83%), Folate: 98.16µg (24.54%), Vitamin E: 3.42mg (22.77%), Iron: 3.82mg (21.24%), Potassium: 658.12mg (18.8%), Magnesium: 65.48mg (16.37%), Copper: 0.28mg (14.1%), Phosphorus: 119.6mg (11.96%), Vitamin B6: 0.21mg (10.61%), Calcium:

96.94mg (9.69%), Vitamin B1: 0.14mg (9.49%), Zinc: 1.41mg (9.39%), Vitamin B2: 0.08mg (4.87%), Vitamin B5: 0.38mg (3.82%), Vitamin B3: 0.62mg (3.09%), Selenium: 1.9µg (2.71%)