




 **17%**
HEALTH SCORE

Cucumber and Cannellini Bean Side Salad


 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN




45 min.

SERVINGS



10

CALORIES



115 kcal

SIDE DISH **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 14 oz artichokes drained sliced canned
- 0.3 tsp pepper black
- 15 oz .5 can cannellini beans drained
- 5 cucumber sliced thin
- 0.5 cup basil fresh chopped
- 0.5 cup basil fresh chopped
- 1 Tbs pepperoncini pepper juice chopped
- 1 juice of lemon

- 3 tablespoons olive oil
- 0.5 onion red sliced thin
- 0.3 pepper red
- 0.5 tsp salt
- 1 tablespoon sugar
- 2 sun-dried olives dried sliced thin
- 2 tablespoons vinegar

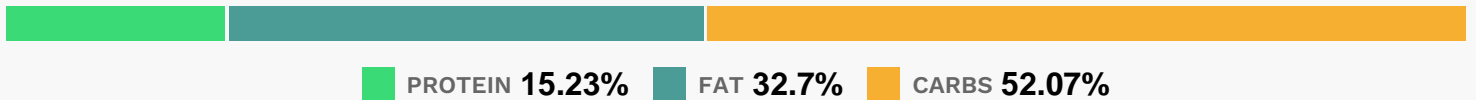
Equipment

- bowl

Directions

- Combine all of the ingredients for the salad in a bowl.
- Combine all of the ingredients for the dressing in a small bowl and mix.
- Pour the dressing over the salad and give a toss.Refrigerate to chill before serving.

Nutrition Facts



Properties

Glycemic Index:43.68, Glycemic Load:2.07, Inflammation Score:-5, Nutrition Score:8.0795652173913%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 5mg, Naringenin: 5mg, Naringenin: 5mg, Naringenin: 5mg Apigenin: 2.97mg, Apigenin: 2.97mg, Apigenin: 2.97mg, Apigenin: 2.97mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Taste

Sweetness: 90.35%, Saltiness: 13.07%, Sourness: 62.92%, Bitterness: 43.88%, Savoriness: 4.65%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 114.86kcal (5.74%), Fat: 4.55g (7%), Saturated Fat: 0.62g (3.88%), Carbohydrates: 16.29g (5.43%), Net Carbohydrates: 10.86g (3.95%), Sugar: 4.27g (4.75%), Cholesterol: 0mg (0%), Sodium: 249.05mg (10.83%), Protein: 4.77g (9.53%), Vitamin K: 29.44µg (28.04%), Fiber: 5.44g (21.75%), Vitamin C: 11.61mg (14.08%), Manganese: 0.26mg (13.16%), Folate: 51.55µg (12.89%), Magnesium: 45.05mg (11.26%), Potassium: 385.15mg (11%), Copper: 0.22mg (10.85%), Iron: 1.92mg (10.64%), Phosphorus: 72.14mg (7.21%), Calcium: 70.78mg (7.08%), Vitamin B6: 0.14mg (6.8%), Vitamin B1: 0.08mg (5.44%), Vitamin B5: 0.52mg (5.2%), Vitamin E: 0.75mg (5.01%), Vitamin A: 244.58IU (4.89%), Vitamin B2: 0.07mg (4.12%), Zinc: 0.49mg (3.26%), Vitamin B3: 0.54mg (2.7%)