



Easy Bacony Two-Bean Salad

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



6

CALORIES



181 kcal

SIDE DISH

Ingredients

- 0.3 cup onion red finely chopped
- 2 tablespoons vegetable oil
- 2 tablespoons juice of lemon
- 0.5 teaspoon dijon mustard
- 2 medium tomatoes cut into wedges
- 15 oz cannellini beans rinsed drained canned
- 14.5 oz green beans rinsed drained canned
- 2.3 oz olives ripe drained sliced canned

2 tablespoons bacon bits

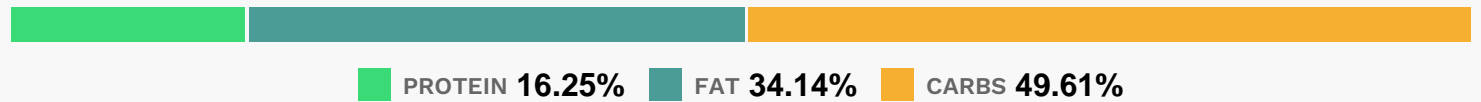
Equipment

bowl

Directions

- In large bowl, stir onion, oil, lemon juice and mustard until well blended.
- Add tomatoes, cannellini beans, green beans and olives; gently toss.
- Just before serving, top with bacon bits. Cover and refrigerate any remaining salad.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:5.55, Inflammation Score:-7, Nutrition Score:12.850869602483%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

Nutrients (% of daily need)

Calories: 180.92kcal (9.05%), Fat: 7.24g (11.13%), Saturated Fat: 1.1g (6.93%), Carbohydrates: 23.67g (7.89%), Net Carbohydrates: 17.15g (6.24%), Sugar: 4.08g (4.54%), Cholesterol: 0mg (0%), Sodium: 221.84mg (9.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.75g (15.5%), Vitamin K: 43.28µg (41.22%), Manganese: 0.57mg (28.68%), Fiber: 6.52g (26.07%), Folate: 80.83µg (20.21%), Vitamin C: 16.61mg (20.14%), Vitamin A: 856.81IU (17.14%), Iron: 3.03mg (16.86%), Potassium: 590.1mg (16.86%), Magnesium: 62.56mg (15.64%), Vitamin E: 2.01mg (13.4%), Copper: 0.27mg (13.29%), Phosphorus: 109.29mg (10.93%), Vitamin B1: 0.16mg (10.78%), Vitamin B6: 0.2mg (10.05%), Calcium: 91.68mg (9.17%), Zinc: 1.1mg (7.31%), Vitamin B2: 0.11mg (6.53%), Vitamin B3: 0.91mg (4.53%), Vitamin B5: 0.34mg (3.43%), Selenium: 2µg (2.86%)