



Fennel & Three Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



12

CALORIES



134 kcal

SIDE DISH

Ingredients

- 15 oz cannellini beans white rinsed drained canned (kidney)
- 2 tablespoons dijon mustard
- 1 cup fennel bulb very thinly sliced
- 1 tablespoon basil fresh finely chopped
- 1 clove garlic finely chopped
- 0.3 lb green beans
- 0.3 cup olive oil
- 0.3 teaspoon pepper

- 15 oz kidney beans dark red rinsed drained canned
- 2 tablespoons red wine vinegar
- 0.1 teaspoon salt

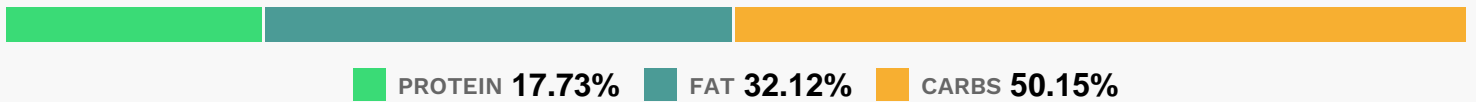
Equipment

- bowl
- frying pan
- sauce pan
- steamer basket

Directions

- Remove ends of green beans.
- Place steamer basket in 1/2 inch water in 2-quart saucepan or skillet (water should not touch bottom of basket).
- Place green beans in steamer basket. Cover tightly and heat to boiling; reduce heat. Steam 10 to 12 minutes or until crisp-tender.
- In large bowl, stir together green beans and remaining salad ingredients; set aside.
- In small jar with tight-fitting lid, shake all dressing ingredients.
- Pour dressing over salad ingredients; toss gently. Refrigerate 1 hour to blend flavors.
- Serve at room temperature and refrigerate any leftovers.

Nutrition Facts



Properties

Glycemic Index:26.44, Glycemic Load:3.93, Inflammation Score:-4, Nutrition Score:7.5447824726934%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.78mg, Quercetin:

2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 133.85kcal (6.69%), Fat: 4.91g (7.55%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 17.25g (5.75%), Net Carbohydrates: 12.24g (4.45%), Sugar: 0.95g (1.06%), Cholesterol: 0mg (0%), Sodium: 59.08mg (2.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.2%), Manganese: 0.42mg (20.78%), Fiber: 5.01g (20.06%), Folate: 75.52µg (18.88%), Vitamin K: 17.49µg (16.65%), Iron: 2.37mg (13.19%), Potassium: 367.12mg (10.49%), Magnesium: 39.94mg (9.99%), Phosphorus: 94.42mg (9.44%), Copper: 0.19mg (9.28%), Vitamin B1: 0.11mg (7.14%), Vitamin E: 1.04mg (6.95%), Zinc: 0.84mg (5.62%), Vitamin B6: 0.1mg (4.77%), Calcium: 46.72mg (4.67%), Vitamin C: 2.96mg (3.59%), Vitamin B2: 0.05mg (3.01%), Selenium: 2.01µg (2.87%), Vitamin A: 107.47IU (2.15%), Vitamin B3: 0.4mg (2.01%), Vitamin B5: 0.2mg (1.99%)