



White Bean, Herb and Tomato Salad

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



7

CALORIES



173 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 19 oz cannellini beans white rinsed drained canned (kidney)
- 0.8 cup mozzarella cheese cubed
- 2 tablespoons basil dried fresh chopped
- 0.3 cup balsamic vinaigrette fat-free
- 1.5 cups tomatoes chopped

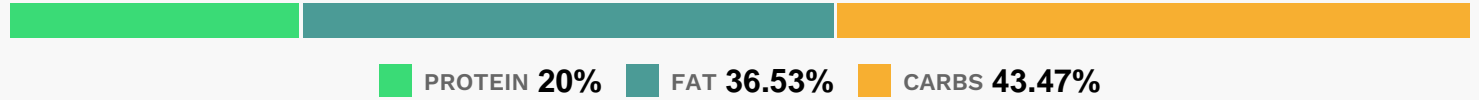
Equipment

- bowl

Directions

- In large bowl, mix all ingredients.
- Serve immediately, or cover and refrigerate 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:13.71, Glycemic Load:4.31, Inflammation Score:-5, Nutrition Score:9.7621739869532%

Flavonoids

Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 173.34kcal (8.67%), Fat: 7.14g (10.98%), Saturated Fat: 2.04g (12.78%), Carbohydrates: 19.11g (6.37%), Net Carbohydrates: 14.6g (5.31%), Sugar: 1.58g (1.76%), Cholesterol: 9.48mg (3.16%), Sodium: 182.7mg (7.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.79g (17.58%), Manganese: 0.55mg (27.41%), Vitamin K: 24.62µg (23.45%), Iron: 3.47mg (19.26%), Fiber: 4.51g (18.03%), Folate: 59.19µg (14.8%), Calcium: 146.69mg (14.67%), Magnesium: 53.28mg (13.32%), Potassium: 464.2mg (13.26%), Phosphorus: 123.3mg (12.33%), Copper: 0.22mg (11.13%), Zinc: 1.35mg (8.98%), Vitamin A: 355.59IU (7.11%), Vitamin E: 0.93mg (6.17%), Vitamin B1: 0.09mg (6.01%), Vitamin C: 4.38mg (5.31%), Vitamin B6: 0.1mg (5.15%), Vitamin B2: 0.08mg (4.84%), Selenium: 3.31µg (4.72%), Vitamin B12: 0.27µg (4.56%), Vitamin B5: 0.2mg (1.97%), Vitamin B3: 0.35mg (1.73%)