



Garlicky Bean And Spinach Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



165 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce navy beans rinsed drained canned
- ☐ 1 tablespoon cider vinegar
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 cup onion red sliced
- ☐ 0.3 teaspoon salt
- ☐ 2.3 cups pkt spinach coarsely chopped

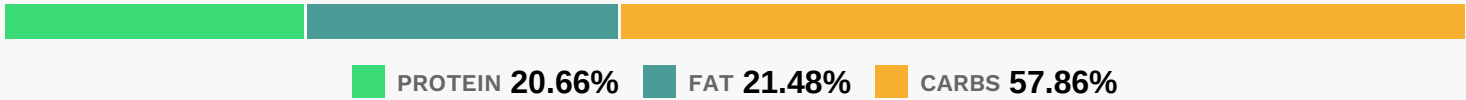
Equipment

☐ bowl

Directions

- ☐ Combine first 3 ingredients in a large bowl.
- ☐ Combine vinegar and remaining 4 ingredients in a small bowl; add to bean mixture, tossing gently to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:0.58, Inflammation Score:-8, Nutrition Score:14.8273913653%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg

Nutrients (% of daily need)

Calories: 165.01kcal (8.25%), Fat: 4.05g (6.23%), Saturated Fat: 0.62g (3.89%), Carbohydrates: 24.54g (8.18%), Net Carbohydrates: 18.38g (6.68%), Sugar: 1.24g (1.38%), Cholesterol: 0mg (0%), Sodium: 636.14mg (27.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.76g (17.52%), Vitamin K: 86.89µg (82.75%), Vitamin A: 1583.18IU (31.66%), Manganese: 0.61mg (30.3%), Folate: 102.48µg (25.62%), Fiber: 6.16g (24.66%), Magnesium: 65.78mg (16.45%), Phosphorus: 158.07mg (15.81%), Iron: 2.51mg (13.96%), Copper: 0.25mg (12.72%), Potassium: 436.18mg (12.46%), Vitamin B1: 0.17mg (11.59%), Vitamin E: 1.68mg (11.21%), Selenium: 6.55µg (9.35%), Vitamin B6: 0.18mg (8.79%), Vitamin C: 7.2mg (8.73%), Calcium: 73.29mg (7.33%), Zinc: 0.95mg (6.36%), Vitamin B2: 0.1mg (5.69%), Vitamin B3: 0.67mg (3.35%), Vitamin B5: 0.22mg (2.24%)