



HEALTH SCORE

67%

Gazpacho Salad with Cannellini Beans and Feta



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



237 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



16 ounce cannellini beans white rinsed drained canned



1 cup cucumber diced



1 tablespoon olive oil extravirgin



1.5 ounces feta cheese crumbled



0.5 cup basil fresh thinly sliced



1 garlic clove minced



0.3 cup bell pepper green chopped

- ☐ 0.3 cup spring onion thinly sliced
- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons red wine vinegar
- ☐ 6 cups the salad
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 1 pound tomatoes diced
- ☐ 3 tablespoons sacramento tomato juice
- ☐ 1 teaspoon worcestershire sauce

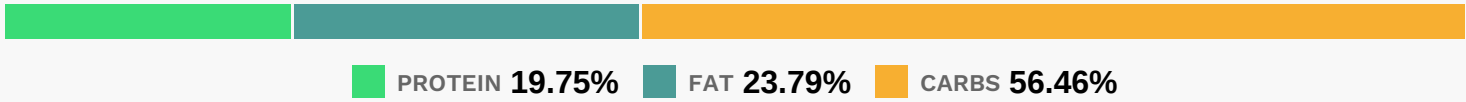
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare dressing, combine first 8 ingredients, stirring well with a whisk.
- ☐ To prepare salad, combine salad greens and remaining ingredients in a large bowl.
- ☐ Add dressing mixture, tossing gently to combine.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:96.61, Glycemic Load:8.18, Inflammation Score:-9, Nutrition Score:20.744782801556%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 237.31kcal (11.87%), Fat: 6.51g (10.01%), Saturated Fat: 2.04g (12.74%), Carbohydrates: 34.73g (11.58%), Net Carbohydrates: 27.18g (9.88%), Sugar: 5.77g (6.42%), Cholesterol: 9.46mg (3.15%), Sodium: 317.08mg (13.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.15g (24.3%), Vitamin C: 44.71mg (54.2%), Manganese: 0.93mg (46.42%), Vitamin K: 43.73µg (41.65%), Vitamin A: 2013.36IU (40.27%), Folate: 130.64µg (32.66%), Fiber: 7.55g (30.2%), Potassium: 1031.5mg (29.47%), Iron: 4.65mg (25.86%), Magnesium: 89.45mg (22.36%), Copper: 0.43mg (21.33%), Phosphorus: 207.93mg (20.79%), Calcium: 175.25mg (17.52%), Vitamin B6: 0.34mg (17.2%), Vitamin E: 2.18mg (14.56%), Vitamin B1: 0.21mg (14.33%), Zinc: 2.05mg (13.66%), Vitamin B2: 0.21mg (12.29%), Vitamin B3: 1.46mg (7.3%), Vitamin B5: 0.62mg (6.23%), Selenium: 3.89µg (5.56%), Vitamin B12: 0.18µg (2.99%)