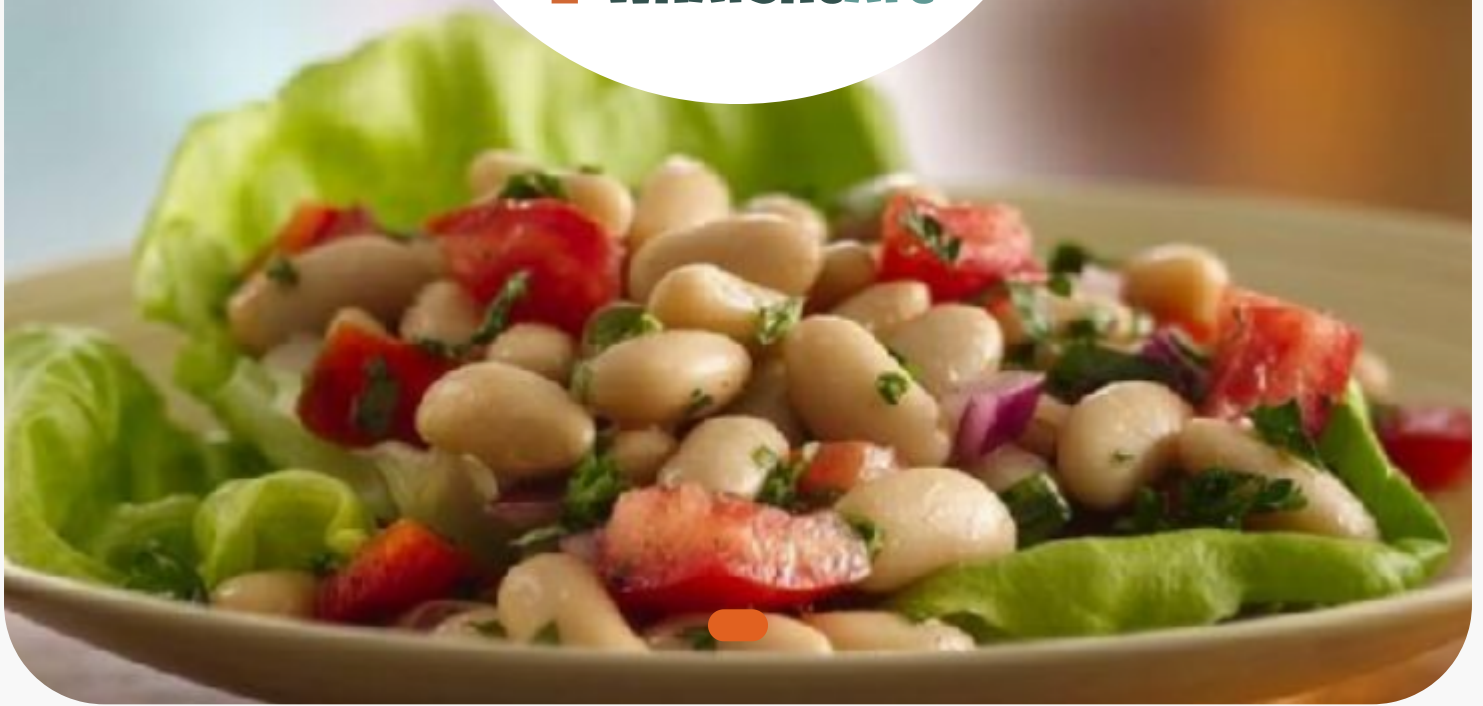




Gluten-Free Northern Italian White Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



6

CALORIES



310 kcal

SIDE DISH

Ingredients

- ☐ 38 oz cannellini beans rinsed drained canned
- ☐ 1 cup tomatoes seeded coarsely chopped
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 cup onion red chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons basil dried fresh chopped
- ☐ 2 tablespoons red wine vinegar

- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 12 romaine leaves

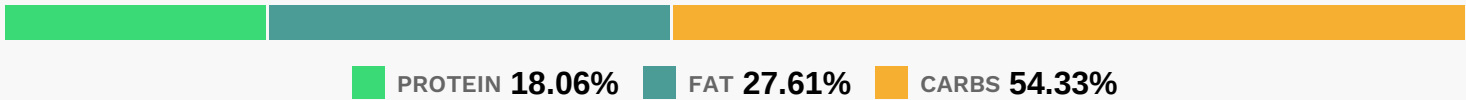
Equipment

- ☐ bowl
- ☐ slotted spoon

Directions

- ☐ In large glass or plastic bowl, carefully mix all ingredients except lettuce.
- ☐ Cover and refrigerate at least 2 hours to blend flavors. Just before serving, spoon onto lettuce, using slotted spoon.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:9.84, Inflammation Score:-10, Nutrition Score:26.210869695829%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 310.27kcal (15.51%), Fat: 9.78g (15.05%), Saturated Fat: 1.57g (9.84%), Carbohydrates: 43.3g (14.43%), Net Carbohydrates: 32.82g (11.93%), Sugar: 2.79g (3.09%), Cholesterol: 0mg (0%), Sodium: 221.3mg (9.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.39g (28.78%), Vitamin A: 4370.56IU (87.41%), Vitamin K: 88.46µg (84.25%), Manganese: 1.27mg (63.54%), Fiber: 10.48g (41.92%), Iron: 7.33mg (40.73%), Vitamin C: 32.28mg (39.13%), Folate: 154.86µg (38.71%), Potassium: 1064.24mg (30.41%), Magnesium: 114.37mg (28.59%), Copper: 0.47mg (23.57%), Phosphorus: 195.93mg (19.59%), Calcium: 188.69mg (18.87%), Vitamin E: 2.8mg (18.67%), Vitamin B1: 0.25mg (16.38%), Zinc: 2.33mg (15.51%), Vitamin B6: 0.27mg (13.74%), Vitamin B2: 0.15mg (8.93%), Selenium: 3.28µg (4.69%), Vitamin B5: 0.43mg (4.32%), Vitamin B3: 0.78mg (3.89%)