



Italian Bean and Tomato Salad

 Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



96 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

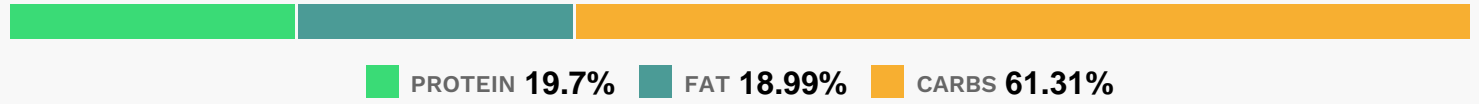
- 30 oz beans white rinsed canned
- 2 Tbsp basil fresh chopped
- 2 cups green beans fresh cut (1-inch)
- 0.5 cup lite house dressing italian kraft
- 2 Tbsp parmesan cheese grated kraft
- 1 lb plum tomatoes chopped

Equipment

Directions

- Combine beans, tomatoes and dressing.
- Refrigerate 1 hour.
- Top with basil and cheese just before serving.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:3.49, Inflammation Score:-5, Nutrition Score:6.876521827896%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 96.43kcal (4.82%), Fat: 2.1g (3.23%), Saturated Fat: 0.39g (2.46%), Carbohydrates: 15.27g (5.09%), Net Carbohydrates: 11.78g (4.28%), Sugar: 2.29g (2.54%), Cholesterol: 0.58mg (0.19%), Sodium: 94.71mg (4.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.81%), Manganese: 0.37mg (18.54%), Vitamin K: 18.22µg (17.36%), Fiber: 3.49g (13.98%), Folate: 46.84µg (11.71%), Iron: 1.98mg (10.99%), Potassium: 370.31mg (10.58%), Magnesium: 37.07mg (9.27%), Copper: 0.16mg (8.22%), Vitamin A: 405.99IU (8.12%), Vitamin C: 6.11mg (7.41%), Phosphorus: 70.3mg (7.03%), Calcium: 58.24mg (5.82%), Vitamin E: 0.85mg (5.69%), Vitamin B1: 0.08mg (5.31%), Zinc: 0.76mg (5.09%), Vitamin B6: 0.09mg (4.71%), Vitamin B2: 0.04mg (2.64%), Selenium: 1.39µg (1.98%), Vitamin B3: 0.37mg (1.85%), Vitamin B5: 0.17mg (1.69%)