



## Italian bean & olive salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



104 kcal

SIDE DISH

### Ingredients



2 bell pepper yellow



2 bell pepper red



300 g green beans



300 g cherry tomatoes halved



1 tbsp capers



2 handfuls olives black



4 tbsp olive oil



1 tbsp red wine vinegar

☐

1 large bunch basil shredded whole leaves picked

## Equipment

☐

bowl

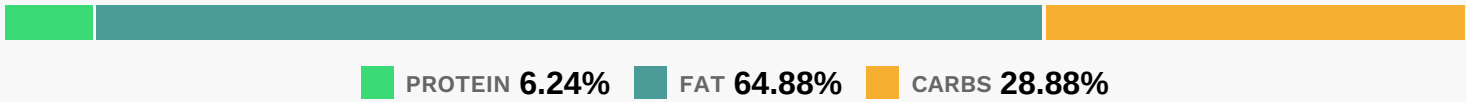
☐

grill

## Directions

- ☐ On the barbecue, under the grill or over a flame, blacken the peppers all over, then pop into a bowl and cover with cling film. Once cool, peel, deseed and cut into strips, keeping any juices.
- ☐ Cook the beans in boiling salted water until crunchy but not squeaky, then drain and drop straight into iced water. To serve, toss everything together, adding the shredded basil at the last minute, and scattering with the small basil leaves to finish.

## Nutrition Facts



## Properties

Glycemic Index:18.5, Glycemic Load:1.12, Inflammation Score:-8, Nutrition Score:11.412173872409%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

## Nutrients (% of daily need)

Calories: 104.1kcal (5.21%), Fat: 8.06g (12.39%), Saturated Fat: 1.12g (7.01%), Carbohydrates: 8.07g (2.69%), Net Carbohydrates: 5.68g (2.07%), Sugar: 3.44g (3.82%), Cholesterol: 0mg (0%), Sodium: 116.26mg (5.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.49%), Vitamin C: 106.03mg (128.52%), Vitamin A: 1506.98IU (30.14%), Vitamin K: 27.33µg (26.03%), Vitamin E: 2.05mg (13.67%), Vitamin B6: 0.22mg (11.12%), Manganese: 0.2mg (10.08%), Folate: 39.75µg (9.94%), Fiber: 2.38g (9.53%), Potassium: 292.99mg (8.37%), Iron: 1.03mg (5.71%), Magnesium: 21.51mg (5.38%), Vitamin B3: 1.06mg (5.29%), Copper: 0.1mg (5.25%), Vitamin B2: 0.08mg (4.86%), Vitamin B1: 0.07mg (4.68%), Phosphorus: 40.64mg (4.06%), Calcium: 28.34mg (2.83%), Vitamin B5: 0.28mg (2.81%), Zinc: 0.28mg (1.88%)