



Italian Bean Salad with Escarole



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



318 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.1 teaspoon pepper black
- ☐ 38 ounce cannellini beans beans white rinsed drained canned
- ☐ 12 cups torn escarole
- ☐ 1.5 cups fennel bulb thinly sliced (1 bulb)
- ☐ 1 teaspoon fennel seeds
- ☐ 1 cup basil fresh thinly sliced
- ☐ 1 teaspoon honey

- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 0.8 cup onion red thinly sliced
- ☐ 2 cups tomatoes diced

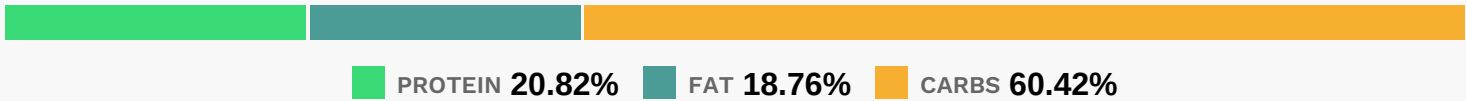
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare salad, combine first 10 ingredients in a bowl; cover and chill 30 minutes.
- ☐ To prepare vinaigrette, combine the oil and remaining ingredients in a small bowl, stirring with a whisk.
- ☐ Add to salad; toss well.

Nutrition Facts



Properties

Glycemic Index:69.55, Glycemic Load:11.6, Inflammation Score:-10, Nutrition Score:29.936956533919%

Flavonoids

Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 10.27mg, Kaempferol: 10.27mg, Kaempferol: 10.27mg, Kaempferol: 10.27mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 317.52kcal (15.88%), Fat: 6.87g (10.56%), Saturated Fat: 1.65g (10.33%), Carbohydrates: 49.75g (16.58%), Net Carbohydrates: 36.12g (13.14%), Sugar: 5.8g (6.45%), Cholesterol: 3.21mg (1.07%), Sodium: 123.21mg (5.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.15g (34.3%), Vitamin K: 273.43µg (260.41%), Manganese: 1.55mg (77.57%), Folate: 280.5µg (70.12%), Vitamin A: 2859.63IU (57.19%), Fiber: 13.63g (54.52%), Potassium: 1403.86mg (40.11%), Iron: 6.85mg (38.03%), Magnesium: 124.94mg (31.23%), Copper: 0.59mg (29.58%), Calcium: 273.39mg (27.34%), Vitamin C: 21.95mg (26.61%), Phosphorus: 258.44mg (25.84%), Zinc: 3.15mg (21%), Vitamin E: 2.98mg (19.9%), Vitamin B1: 0.29mg (19.26%), Vitamin B5: 1.39mg (13.95%), Vitamin B6: 0.25mg (12.28%), Vitamin B2: 0.19mg (10.9%), Selenium: 4.42µg (6.32%), Vitamin B3: 1.14mg (5.7%)