



 **81%**
HEALTH SCORE

Italian White Bean-and-Artichoke Salad

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



351 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounce artichoke hearts drained quartered canned
- 2 cups bell pepper strips green
- 0.1 teaspoon pepper black
- 19 ounce cannellini beans beans white drained canned
- 0.5 cup celery diagonally sliced
- 2 tablespoons basil fresh chopped
- 1 tablespoon parsley fresh chopped
- 1 garlic clove minced

- 2 tablespoons olive oil
- 3 ounces sharp provolone cheese diced
- 0.5 cup onion red vertically sliced
- 2.5 tablespoons red wine vinegar
- 0.3 teaspoon salt
- 5 ounces pkt spinach thinly sliced
- 1 teaspoon tomato paste

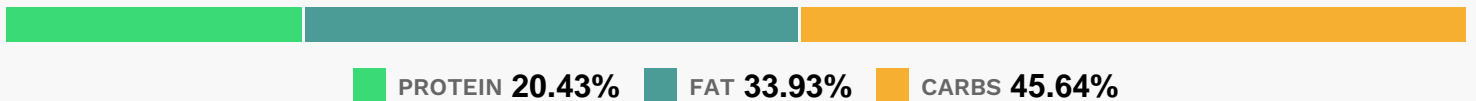
Equipment

- bowl
- whisk

Directions

- To prepare vinaigrette, combine first 6 ingredients in a small bowl; stir with a whisk.
- To prepare salad, combine spinach and remaining ingredients.
- Drizzle with vinaigrette, and toss gently.

Nutrition Facts



Properties

Glycemic Index:92, Glycemic Load:8.01, Inflammation Score:-10, Nutrition Score:30.369130360044%

Flavonoids

Apigenin: 2.52mg, Apigenin: 2.52mg, Apigenin: 2.52mg, Apigenin: 2.52mg Luteolin: 3.93mg, Luteolin: 3.93mg, Luteolin: 3.93mg, Luteolin: 3.93mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.48mg, Kaempferol: 2.48mg, Kaempferol: 2.48mg, Kaempferol: 2.48mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 7.18mg, Quercetin: 7.18mg, Quercetin: 7.18mg, Quercetin: 7.18mg

Nutrients (% of daily need)

Calories: 350.62kcal (17.53%), Fat: 13.38g (20.58%), Saturated Fat: 4.79g (29.93%), Carbohydrates: 40.5g (13.5%), Net Carbohydrates: 29.77g (10.83%), Sugar: 4.43g (4.92%), Cholesterol: 14.67mg (4.89%), Sodium: 727.62mg

(31.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.13g (36.26%), Vitamin K: 209.88µg (199.88%), Vitamin C: 73.85mg (89.51%), Vitamin A: 4003.04IU (80.06%), Manganese: 1.19mg (59.3%), Folate: 176.61µg (44.15%), Fiber: 10.72g (42.89%), Calcium: 317.27mg (31.73%), Iron: 5.66mg (31.43%), Potassium: 1062.13mg (30.35%), Magnesium: 115.91mg (28.98%), Phosphorus: 273.48mg (27.35%), Copper: 0.44mg (22.02%), Vitamin E: 3.24mg (21.57%), Vitamin B6: 0.4mg (20.05%), Zinc: 2.57mg (17.14%), Vitamin B1: 0.22mg (14.6%), Vitamin B2: 0.22mg (13.15%), Selenium: 5.94µg (8.48%), Vitamin B12: 0.31µg (5.17%), Vitamin B5: 0.52mg (5.16%), Vitamin B3: 0.94mg (4.69%)