



Layered Bean Salad with Feta

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



30

CALORIES



136 kcal

SIDE DISH

Ingredients

- 1 cup athenos feta cheese with basil & tomato
- 0.3 cup parsley fresh chopped
- 2.5 cups grape tomatoes cut in half
- 0.5 lb yellow and green beans trimmed cut into 2-inch lengths
- 15.5 oz no-salt-added kidney beans red rinsed canned
- 15.5 oz no-salt-added chickpeas rinsed canned (garbanzo beans)
- 1 cup onions red finely chopped
- 0.5 cup tuscan house dressing italian kraft

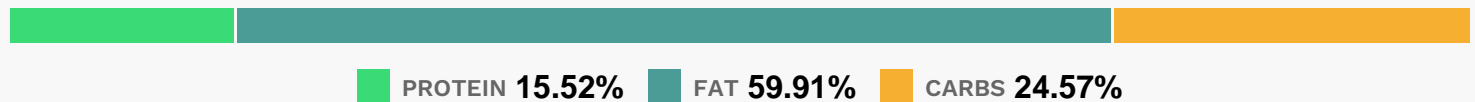
Equipment

- canning jar

Directions

- Cook yellow and green beans in separate pans of boiling water 5 to 6 min. or until crisp-tender; drain. Rinse with cold water; drain, then pat dry.
- Layer kidney beans, yellow beans, tomatoes, onions, green beans, chickpeas and cheese in 16 (8-oz.) canning jars.
- Mix dressing and parsley in separate jar. Refrigerate 1 hour.
- Drizzle dressing mixture over salads just before serving.

Nutrition Facts



Properties

Glycemic Index:6.71, Glycemic Load:1.15, Inflammation Score:-4, Nutrition Score:6.4413043416065%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 135.73kcal (6.79%), Fat: 9.55g (14.7%), Saturated Fat: 2.31g (14.44%), Carbohydrates: 8.81g (2.94%), Net Carbohydrates: 6.54g (2.38%), Sugar: 2.81g (3.12%), Cholesterol: 4.45mg (1.48%), Sodium: 100.24mg (4.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.14%), Manganese: 0.33mg (16.27%), Vitamin K: 16.01µg (15.25%), Vitamin B3: 2.2mg (11%), Vitamin E: 1.53mg (10.23%), Folate: 39.52µg (9.88%), Phosphorus: 94.99mg (9.5%), Fiber: 2.28g (9.11%), Magnesium: 36.38mg (9.1%), Vitamin B6: 0.13mg (6.67%), Potassium: 203.09mg (5.8%), Copper: 0.12mg (5.75%), Vitamin B2: 0.09mg (5.35%), Iron: 0.88mg (4.9%), Zinc: 0.72mg (4.83%), Vitamin C: 3.87mg (4.7%), Vitamin B1: 0.07mg (4.5%), Vitamin A: 220.33IU (4.41%), Calcium: 42.39mg (4.24%), Vitamin B5: 0.27mg (2.72%), Selenium: 1.68µg (2.4%), Vitamin B12: 0.08µg (1.41%)