



Lemon-Dill White Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



8 min.

SERVINGS



4

CALORIES



174 kcal

SIDE DISH

Ingredients

- 16 ounce navy beans rinsed drained canned
- 2 tablespoons optional: dill fresh chopped
- 0.5 cup green onions chopped
- 1 tablespoon juice of lemon
- 1 tablespoon olive oil extra-virgin
- 0.5 teaspoon salt
- 8 slices tomatoes (1 large)

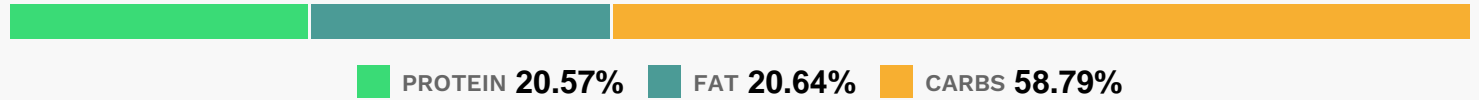
Equipment

bowl

Directions

- Combine first 6 ingredients in a medium bowl, tossing gently.
- Place 2 tomato slices on each of 4 individual salad plates; top each with 1/2 cup bean mixture.
- Serve with a lemon wedge, if desired.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:0.74, Inflammation Score:-7, Nutrition Score:12.056087058523%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 173.71kcal (8.69%), Fat: 4.13g (6.35%), Saturated Fat: 0.63g (3.94%), Carbohydrates: 26.48g (8.83%), Net Carbohydrates: 19.71g (7.17%), Sugar: 2.12g (2.36%), Cholesterol: 0mg (0%), Sodium: 803.64mg (34.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.26g (18.53%), Vitamin K: 35.54µg (33.84%), Fiber: 6.77g (27.09%), Manganese: 0.51mg (25.53%), Folate: 87.46µg (21.86%), Phosphorus: 169.97mg (17%), Magnesium: 62.08mg (15.52%), Vitamin C: 12.16mg (14.74%), Potassium: 494.5mg (14.13%), Copper: 0.28mg (13.96%), Iron: 2.47mg (13.71%), Vitamin B1: 0.19mg (12.52%), Vitamin A: 590.11IU (11.8%), Vitamin E: 1.75mg (11.7%), Selenium: 6.66µg (9.51%), Vitamin B6: 0.17mg (8.49%), Calcium: 68.55mg (6.86%), Zinc: 1.02mg (6.79%), Vitamin B2: 0.08mg (4.93%), Vitamin B3: 0.95mg (4.73%), Vitamin B5: 0.26mg (2.58%)