



Lemony Bean Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 15 ounce .5 can cannellini beans rinsed drained canned
- ☐ 0.3 teaspoon dijon mustard
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 teaspoon garlic fresh minced
- ☐ 2 tablespoons juice of lemon
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 2 tablespoons parmigiano-reggiano cheese fresh shaved

- ☐ 0.3 cup onion red finely chopped
- ☐ 0.1 teaspoon sugar

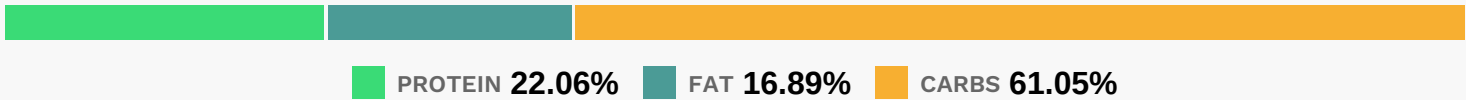
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine lemon juice, olive oil, garlic, Dijon mustard, black pepper, and sugar in a large bowl, stirring with a whisk.
- ☐ Add onion, parsley, and cannellini beans; toss gently to coat. Top with shaved fresh Parmigiano-Reggiano cheese.

Nutrition Facts



Properties

Glycemic Index:70.27, Glycemic Load:5.78, Inflammation Score:-5, Nutrition Score:10.474347869339%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 156.43kcal (7.82%), Fat: 3.01g (4.63%), Saturated Fat: 0.78g (4.87%), Carbohydrates: 24.5g (8.17%), Net Carbohydrates: 19.1g (6.95%), Sugar: 1.09g (1.21%), Cholesterol: 1.7mg (0.57%), Sodium: 50.52mg (2.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.85g (17.7%), Vitamin K: 37.28µg (35.51%), Manganese: 0.58mg (29.03%), Fiber: 5.4g (21.59%), Folate: 75.76µg (18.94%), Iron: 3.38mg (18.77%), Potassium: 521.18mg (14.89%), Magnesium: 58.12mg (14.53%), Copper: 0.26mg (12.89%), Phosphorus: 119.76mg (11.98%), Calcium: 113.89mg (11.39%), Zinc: 1.31mg (8.72%), Vitamin C: 6.42mg (7.78%), Vitamin E: 1.16mg (7.76%), Vitamin B1: 0.11mg (7.5%), Vitamin B6: 0.1mg

(5.22%), Vitamin A: 189.25IU (3.79%), Selenium: 2.49µg (3.55%), Vitamin B2: 0.05mg (3.19%), Vitamin B5: 0.24mg (2.42%)