



Lemony three bean & feta salad



Vegetarian



Gluten Free

READY IN



17 min.

SERVINGS



3

CALORIES



243 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 200 g green bean trimmed halved
- ☐ 200 g edamame beans frozen
- ☐ 400 g cannellini bean drained and rinsed canned
- ☐ 0.5 onion red finely chopped
- ☐ 1 juice of lemon
- ☐ 1 pinch caster sugar
- ☐ 1 tsp poppy seed
- ☐ 85 g feta cheese crumbled

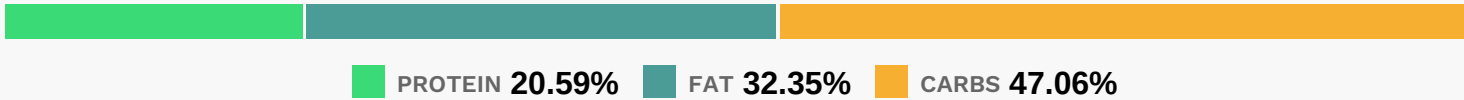
Equipment

☐ frying pan

Directions

- ☐ Cook the green beans and edamame beans together in a pan of boiling water for 3 mins until tender.
- ☐ Drain and cool under cold running water, then drain again and mix with the cannellini beans and red onion.
- ☐ Add the lemon juice, sugar, poppy seeds and seasoning and stir through. Scatter the feta on top, then divide between plates or containers to pack into lunchboxes.

Nutrition Facts



Properties

Glycemic Index:63.36, Glycemic Load:3.01, Inflammation Score:-7, Nutrition Score:15.376086867374%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 243.21kcal (12.16%), Fat: 9.02g (13.87%), Saturated Fat: 3.88g (24.27%), Carbohydrates: 29.51g (9.84%), Net Carbohydrates: 17.95g (6.53%), Sugar: 7.76g (8.63%), Cholesterol: 25.22mg (8.41%), Sodium: 333.41mg (14.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.91g (25.83%), Vitamin C: 40.3mg (48.85%), Fiber: 11.56g (46.23%), Vitamin K: 29.65µg (28.24%), Calcium: 253.54mg (25.35%), Vitamin B2: 0.35mg (20.86%), Potassium: 702.92mg (20.08%), Iron: 3.61mg (20.05%), Manganese: 0.32mg (15.97%), Phosphorus: 159.05mg (15.91%), Vitamin B6: 0.3mg (14.95%), Folate: 53.32µg (13.33%), Vitamin A: 608.53IU (12.17%), Magnesium: 43.72mg (10.93%), Vitamin B1: 0.14mg (9.58%), Zinc: 1.3mg (8.66%), Selenium: 5.81µg (8.3%), Vitamin B12: 0.48µg (7.98%), Copper: 0.14mg (7.15%), Vitamin E: 0.97mg (6.49%), Vitamin B5: 0.64mg (6.43%), Vitamin B3: 1.08mg (5.38%)