



Lima Bean-Vegetable Salad



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



81 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons julienne-cut basil fresh
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup carrots finely chopped (2 small)
- ☐ 1 cup cucumber peeled seeded finely chopped (1 small)
- ☐ 2 ounces feta cheese crumbled
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 cups lima beans *soaked overnight frozen
- ☐ 2 teaspoons olive oil

- ☐ 1 cup bell pepper red finely chopped (1 large)
- ☐ 0.3 cup onion red chopped
- ☐ 0.3 teaspoon salt

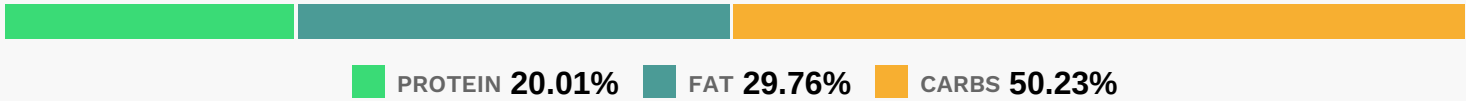
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook beans according to package directions, omitting fat and salt.
- ☐ Drain; cool completely.
- ☐ Combine lemon juice and next 3 ingredients in a large bowl, stirring with a whisk to blend.
- ☐ Add beans, cucumber, and remaining ingredients; toss well.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:2.25, Inflammation Score:-8, Nutrition Score:8.4160868888316%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 80.96kcal (4.05%), Fat: 2.77g (4.27%), Saturated Fat: 1.13g (7.07%), Carbohydrates: 10.53g (3.51%), Net Carbohydrates: 7.22g (2.63%), Sugar: 2.67g (2.97%), Cholesterol: 6.31mg (2.1%), Sodium: 161.04mg (7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.39%), Vitamin A: 1988.44IU (39.77%), Vitamin C: 26.03mg (31.55%), Fiber: 3.31g (13.25%), Manganese: 0.25mg (12.44%), Folate: 45.62µg (11.4%), Vitamin B6: 0.17mg (8.42%), Potassium: 282.53mg (8.07%), Phosphorus: 76.12mg (7.61%), Vitamin K: 6.8µg (6.47%), Vitamin B2: 0.11mg (6.23%), Vitamin B1:

0.09mg (6.08%), Iron: 1.07mg (5.94%), Magnesium: 22.74mg (5.68%), Copper: 0.11mg (5.44%), Calcium: 49.68mg (4.97%), Zinc: 0.65mg (4.32%), Selenium: 2.72µg (3.89%), Vitamin E: 0.58mg (3.87%), Vitamin B5: 0.35mg (3.49%), Vitamin B3: 0.5mg (2.49%), Vitamin B12: 0.12µg (2%)