



## Maple Cannellini Bean Salad with Baby Broccoli and Butternut Squash

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



177 kcal

SIDE DISH

### Ingredients

- 1 cup baby broccoli chopped
- 1 cup butternut squash diced peeled seeded
- 30 ounce .5 can cannellini beans drained and rinsed canned
- 0.3 cup chicken stock see
- 3 slices bacon crumbled cooked
- 1 tablespoon maple syrup
- 1 tablespoon olive oil

- 1 onion red chopped
- 0.5 teaspoon thyme leaves dried

## Equipment

- frying pan
- sauce pan

## Directions

- Heat cannellini beans on low heat in a saucepan.
- Heat 1 tablespoon olive oil in a skillet over medium heat. Stir in red onion; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- Add 1 tablespoon maple syrup; reduce heat to medium-low and continue cooking and stirring until the onion is very tender and dark brown, about 15 minutes more.
- Remove from skillet and add to beans.
- Heat 1 more tablespoon olive oil in a skillet over medium heat.
- Add butternut squash; cook and stir until tender, about 8 minutes.
- Add 1 tablespoon maple syrup; cook and stir to coat, about 5 minutes.
- Remove from skillet and add squash to bean mixture.
- Heat remaining 1 tablespoon olive oil in a skillet over medium heat.
- Add baby broccoli; cook and stir until tender and bright green, about 7 minutes.
- Add broccoli to bean mixture.
- Pour chicken stock into bean mixture, increase heat to medium-low, and stir remaining 1 tablespoon maple syrup and thyme to the mixture. Bring to a simmer and cook until heated through, stirring gently to combine. Top with crumbled bacon before serving.

## Nutrition Facts



## Properties

Glycemic Index:21.44, Glycemic Load:6.45, Inflammation Score:-9, Nutrition Score:12.984782660137%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

## Nutrients (% of daily need)

Calories: 177.4kcal (8.87%), Fat: 3.28g (5.04%), Saturated Fat: 0.73g (4.56%), Carbohydrates: 28.63g (9.54%), Net Carbohydrates: 22.64g (8.23%), Sugar: 3.08g (3.42%), Cholesterol: 3.19mg (1.07%), Sodium: 71.59mg (3.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.57g (19.14%), Vitamin A: 1936.33IU (38.73%), Manganese: 0.68mg (34.2%), Fiber: 5.99g (23.96%), Folate: 83.8µg (20.95%), Iron: 3.49mg (19.38%), Potassium: 628.33mg (17.95%), Vitamin C: 14.72mg (17.84%), Magnesium: 65.81mg (16.45%), Vitamin K: 15.62µg (14.88%), Copper: 0.28mg (13.89%), Phosphorus: 127.56mg (12.76%), Vitamin B1: 0.15mg (10.32%), Calcium: 98.14mg (9.81%), Vitamin E: 1.45mg (9.65%), Zinc: 1.41mg (9.38%), Vitamin B6: 0.16mg (8.17%), Vitamin B2: 0.11mg (6.18%), Selenium: 3.82µg (5.45%), Vitamin B3: 0.85mg (4.27%), Vitamin B5: 0.38mg (3.81%)