



## Mediterranean Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



140 min.

SERVINGS



4

CALORIES



289 kcal

SIDE DISH

### Ingredients

- 15.5 ounce garbanzo beans drained canned
- 15 ounce kidney beans drained canned
- 1 teaspoon capers rinsed drained
- 3 tablespoons olive oil extra virgin
- 0.5 cup parsley fresh chopped
- 1 lemon zest juiced
- 0.3 cup onion red chopped
- 0.5 teaspoon salt to taste

1 medium tomatoes chopped

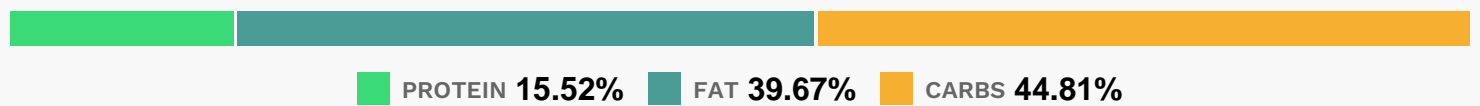
## Equipment

bowl

## Directions

In a large bowl, stir together the garbanzo beans, kidney beans, lemon juice and zest, tomato, onion, parsley, capers, olive oil and salt. Cover, and refrigerate for about 2 hours, stirring occasionally, before serving.

## Nutrition Facts



## Properties

Glycemic Index:47.33, Glycemic Load:9.89, Inflammation Score:-8, Nutrition Score:19.799565377443%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

## Nutrients (% of daily need)

Calories: 288.66kcal (14.43%), Fat: 13.16g (20.25%), Saturated Fat: 1.78g (11.09%), Carbohydrates: 33.45g (11.15%), Net Carbohydrates: 22.02g (8.01%), Sugar: 3.33g (3.7%), Cholesterol: 0mg (0%), Sodium: 888.52mg (38.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.59g (23.18%), Vitamin K: 136.27µg (129.78%), Manganese: 1.27mg (63.45%), Fiber: 11.43g (45.72%), Vitamin B6: 0.65mg (32.54%), Vitamin C: 17.84mg (21.63%), Phosphorus: 215.43mg (21.54%), Iron: 3.33mg (18.5%), Folate: 73.33µg (18.33%), Vitamin A: 906.07IU (18.12%), Copper: 0.36mg (18.05%), Magnesium: 70.08mg (17.52%), Potassium: 566.39mg (16.18%), Vitamin E: 1.77mg (11.77%), Vitamin B1: 0.17mg (11.42%), Zinc: 1.57mg (10.48%), Calcium: 87.5mg (8.75%), Vitamin B2: 0.11mg (6.21%), Vitamin B5: 0.54mg (5.41%), Selenium: 3.44µg (4.92%), Vitamin B3: 0.97mg (4.85%)