



Mediterranean Bean Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



142 kcal

SIDE DISH

Ingredients

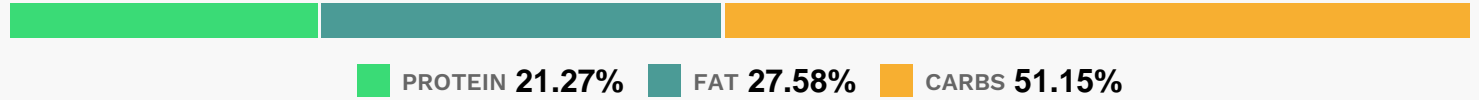
- 14 oz artichoke hearts drained quartered canned
- 0.5 cup olives black pitted
- 15 oz kidney beans white drained canned
- 1 cup cherry tomatoes halved
- 2 tablespoons parsley fresh chopped
- 0.5 cup pizza cheese shredded italian
- 0.3 cup onion red chopped
- 0.3 cup sun-dried olives dried

Equipment

Directions

COMBINE ingredients.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:4.46, Inflammation Score:-5, Nutrition Score:8.4504348091457%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 142.33kcal (7.12%), Fat: 4.54g (6.98%), Saturated Fat: 0.69g (4.3%), Carbohydrates: 18.93g (6.31%), Net Carbohydrates: 12.7g (4.62%), Sugar: 5.09g (5.66%), Cholesterol: 1.87mg (0.62%), Sodium: 629.2mg (27.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.87g (15.74%), Vitamin K: 28.28µg (26.93%), Fiber: 6.23g (24.92%), Manganese: 0.36mg (17.79%), Potassium: 469.86mg (13.42%), Vitamin C: 10.89mg (13.2%), Copper: 0.23mg (11.38%), Phosphorus: 106.99mg (10.7%), Iron: 1.76mg (9.79%), Magnesium: 37.92mg (9.48%), Vitamin B1: 0.12mg (8.19%), Folate: 29.44µg (7.36%), Vitamin A: 331.51IU (6.63%), Calcium: 57.9mg (5.79%), Vitamin B6: 0.11mg (5.46%), Vitamin B3: 1.09mg (5.44%), Vitamin B2: 0.09mg (5.1%), Zinc: 0.63mg (4.17%), Vitamin E: 0.59mg (3.96%), Vitamin B5: 0.27mg (2.68%), Selenium: 1.38µg (1.97%)