



Mediterranean Bean Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



113 kcal

SIDE DISH

Ingredients

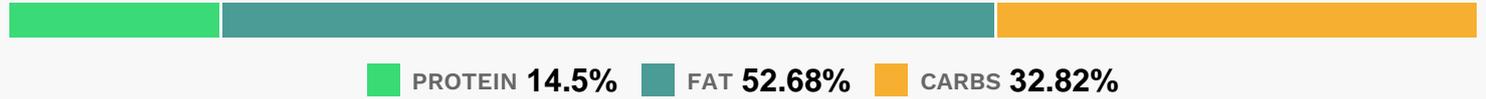
- 14 oz artichoke hearts drained quartered canned
- 0.5 cup olives black pitted
- 15 oz kidney beans white rinsed canned
- 1 cup cherry tomatoes halved
- 2 Tbsp parsley fresh chopped
- 0.5 cup italian* five cheese blend shredded kraft finely
- 0.3 cup onions red chopped
- 0.3 cup sun tomato vinaigrette dressing dried kraft

Equipment

Directions

Combine ingredients.

Nutrition Facts



Properties

Glycemic Index:11.1, Glycemic Load:2.2, Inflammation Score:-3, Nutrition Score:4.3039130879485%

Flavonoids

Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 113.34kcal (5.67%), Fat: 6.79g (10.44%), Saturated Fat: 1.16g (7.22%), Carbohydrates: 9.52g (3.17%), Net Carbohydrates: 6.23g (2.27%), Sugar: 1.88g (2.09%), Cholesterol: 1.12mg (0.37%), Sodium: 373.66mg (16.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.41%), Vitamin K: 22.97µg (21.87%), Fiber: 3.29g (13.14%), Manganese: 0.15mg (7.29%), Vitamin C: 5.04mg (6.11%), Phosphorus: 51.12mg (5.11%), Vitamin E: 0.74mg (4.93%), Potassium: 156.6mg (4.47%), Copper: 0.08mg (4.22%), Iron: 0.72mg (4.01%), Magnesium: 15.62mg (3.91%), Folate: 15.11µg (3.78%), Vitamin B1: 0.05mg (3.62%), Vitamin A: 163.49IU (3.27%), Calcium: 30.65mg (3.06%), Vitamin B6: 0.05mg (2.67%), Zinc: 0.3mg (2.01%), Vitamin B2: 0.03mg (2%), Vitamin B3: 0.32mg (1.6%), Selenium: 0.76µg (1.08%)