



Mediterranean-style bean salad



Vegetarian



Gluten Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



309 kcal

SIDE DISH

Ingredients

- 290 g artichoke hearts in oil
- 1 tbsp sun-dried tomato paste
- 1 tsp citrus champagne vinegar
- 410 g cannellini beans drained and rinsed canned
- 300 g tomatoes quartered (12 in total)
- 1 handful kalamata olives black
- 2 spring onion thinly sliced
- 200 g goat cheese crumbled soft

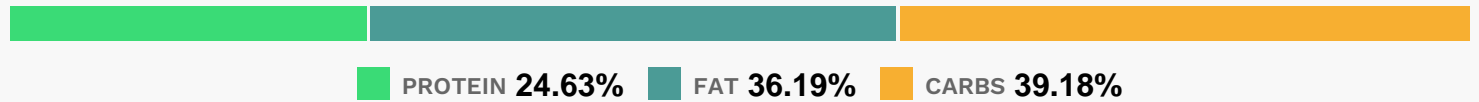
Equipment

- bowl

Directions

- Drain the jar of artichokes, reserving 3 tbsp of the oil.
- Pour the oil into a bowl and stir in the sun-dried tomato paste and vinegar until smooth. Season to taste.
- Roughly chop the artichokes and tip into a large bowl with the cannellini beans, tomatoes, olives, spring onions and half the goats cheese. Stir in the artichoke oil mixture and tip into a serving bowl. Season to taste. Crumble over the remaining goats cheese, then serve.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:6.07, Inflammation Score:-9, Nutrition Score:19.2699998669%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 308.53kcal (15.43%), Fat: 12.69g (19.52%), Saturated Fat: 7.56g (47.26%), Carbohydrates: 30.91g (10.3%), Net Carbohydrates: 21.94g (7.98%), Sugar: 2.88g (3.2%), Cholesterol: 23mg (7.67%), Sodium: 376.7mg (16.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.43g (38.86%), Folate: 179.21µg (44.8%), Manganese: 0.85mg (42.49%), Fiber: 8.97g (35.87%), Copper: 0.7mg (34.92%), Vitamin A: 1456.12IU (29.12%), Phosphorus: 283.85mg (28.38%), Iron: 4.92mg (27.34%), Potassium: 855.05mg (24.43%), Magnesium: 89.9mg (22.48%), Vitamin K: 22.29µg (21.23%), Vitamin B2: 0.35mg (20.52%), Vitamin C: 15.25mg (18.49%), Calcium: 173.1mg (17.31%), Vitamin B6: 0.33mg (16.33%), Vitamin B1: 0.21mg (13.84%), Zinc: 1.99mg (13.29%), Vitamin E: 1.53mg (10.19%), Vitamin B5: 0.74mg (7.38%), Vitamin B3: 1.44mg (7.22%), Selenium: 3.27µg (4.67%), Vitamin B12: 0.09µg (1.58%), Vitamin D: 0.2µg (1.33%)