



## Online Round 2 - Cucumber, Tomato, and White Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



110 kcal

SIDE DISH

### Ingredients

- 0.5 cucumber english chopped
- 0.5 cup beans from hummus sandwich recipe white
- 2 tablespoons reserved hummus
- 4 servings kosher salt and pepper black freshly ground
- 0.5 small head lettuce shredded
- 0.5 tomatoes chopped
- 2 tablespoons reserved vinaigrette

# Equipment

bowl

whisk

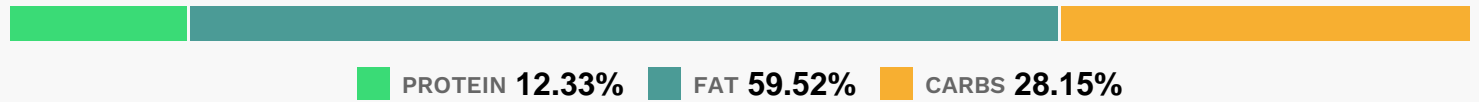
# Directions

Put the tomatoes, cucumber, and white beans into a bowl and toss to combine.

Whisk together the hummus and vinaigrette and add to the bean mixture. Adjust the seasoning with salt and pepper, to taste.

Spread the lettuce onto a platter, top with the bean mixture and serve.

# Nutrition Facts



# Properties

Glycemic Index:33.63, Glycemic Load:0.98, Inflammation Score:-4, Nutrition Score:6.3091305027837%

# Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

# Nutrients (% of daily need)

Calories: 110.34kcal (5.52%), Fat: 7.75g (11.92%), Saturated Fat: 1.29g (8.09%), Carbohydrates: 8.24g (2.75%), Net Carbohydrates: 5.27g (1.92%), Sugar: 1.62g (1.81%), Cholesterol: 0mg (0%), Sodium: 148.45mg (6.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Vitamin K: 23.98µg (22.84%), Manganese: 0.39mg (19.29%), Fiber: 2.97g (11.89%), Folate: 45.82µg (11.46%), Copper: 0.23mg (11.32%), Magnesium: 34.77mg (8.69%), Phosphorus: 83.92mg (8.39%), Iron: 1.2mg (6.69%), Vitamin B1: 0.09mg (6.33%), Potassium: 200.55mg (5.73%), Zinc: 0.83mg (5.53%), Vitamin B6: 0.11mg (5.4%), Vitamin A: 254.59IU (5.09%), Vitamin E: 0.45mg (3.03%), Calcium: 28.13mg (2.81%), Vitamin B2: 0.05mg (2.76%), Vitamin C: 2.18mg (2.65%), Vitamin B5: 0.19mg (1.85%), Selenium: 1.27µg (1.82%), Vitamin B3: 0.31mg (1.54%)