



 **59%**  
HEALTH SCORE

## Pepperoni and White Bean Salad

 **Gluten Free**  **Very Healthy**

READY IN



**11 min.**

SERVINGS



**4**

CALORIES



**303 kcal**

SIDE DISH

### Ingredients

- 6 cups baby spinach
- 15 ounce navy beans rinsed drained canned
- 1 tablespoon olive oil extravirgin
- 0.5 cup parsley fresh chopped
- 2 cups grape tomatoes halved
- 2.3 ounce olives ripe drained sliced canned
- 2 ounces preshredded parmesan cheese fresh
- 0.3 cup pepperoncini peppers drained sliced

- 24 slices turkey pepperoni cut into thin strips
- 0.3 cup balsamic vinegar white

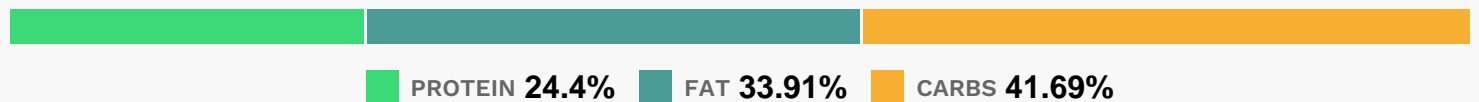
## Equipment

- bowl
- whisk

## Directions

- Combine first 7 ingredients in a large bowl.
- Combine vinegar and oil in a small bowl, stirring with a whisk.
- Pour dressing over spinach mixture, tossing well. Spoon salad onto individual plates.
- Sprinkle evenly with cheese.

## Nutrition Facts



## Properties

Glycemic Index:44.75, Glycemic Load:2.97, Inflammation Score:-10, Nutrition Score:28.104347777107%

## Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 3.05mg, Kaempferol: 3.05mg, Kaempferol: 3.05mg, Kaempferol: 3.05mg Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

## Nutrients (% of daily need)

Calories: 303.37kcal (15.17%), Fat: 11.71g (18.01%), Saturated Fat: 3.71g (23.17%), Carbohydrates: 32.39g (10.8%), Net Carbohydrates: 23.96g (8.71%), Sugar: 6.09g (6.76%), Cholesterol: 22.63mg (7.54%), Sodium: 1198.1mg (52.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.95g (37.9%), Vitamin K: 352.87µg (336.07%), Vitamin A: 5685.72IU (113.71%), Vitamin C: 42.12mg (51.05%), Manganese: 0.94mg (47.01%), Folate: 180.68µg (45.17%), Fiber: 8.43g (33.72%), Calcium: 298.4mg (29.84%), Phosphorus: 293.09mg (29.31%), Magnesium: 114.09mg (28.52%), Potassium: 892.83mg (25.51%), Iron: 4.55mg (25.29%), Vitamin E: 3.42mg (22.77%), Copper: 0.39mg (19.74%), Vitamin B6: 0.32mg (15.92%), Vitamin B1: 0.24mg (15.75%), Zinc: 2.16mg (14.38%), Selenium: 9.99µg (14.27%), Vitamin B2: 0.22mg (12.87%), Vitamin B3: 1.59mg (7.94%), Vitamin B5: 0.4mg (4.04%), Vitamin B12: 0.17µg (2.83%)