



Potato and Bean Salad with Zingy Herb Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



597 kcal

SIDE DISH

Ingredients

- ☐ 400 g eyed beans black canned tinned
- ☐ 25 g coriander fresh
- ☐ 1 juice of lemon
- ☐ 400 g kidney beans canned tinned
- ☐ 4 servings grinding of pepper black good
- ☐ 300 g jersey royal potatoes cooked sliced
- ☐ 3 tbsp rapeseed oil cold pressed

- ☐ 250 g wholegrain rice cooked
- ☐ 1 large roasted pepper red
- ☐ 2 large salad tomatoes ripe

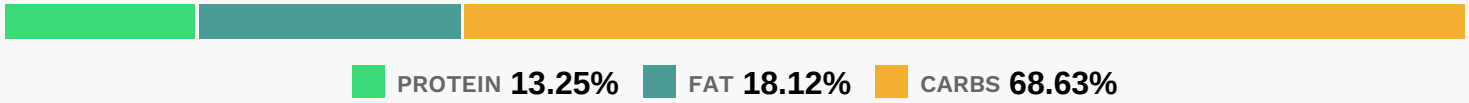
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl add the rice, potatoes and rinsed beans.
- ☐ Chop the tomatoes and pepper and add to the bowl. Give it all a good mix.
- ☐ Whizz up the coriander, oil and lemon juice and add to the salad. Season with black pepper and mix well.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:84.98, Glycemic Load:51.43, Inflammation Score:-9, Nutrition Score:29.207826075347%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

Nutrients (% of daily need)

Calories: 597.08kcal (29.85%), Fat: 12.13g (18.67%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 103.37g (34.46%), Net Carbohydrates: 87.68g (31.89%), Sugar: 8.45g (9.39%), Cholesterol: 0mg (0%), Sodium: 401.78mg (17.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.97g (39.93%), Manganese: 1.72mg (85.98%), Folate: 271.52µg (67.88%), Fiber: 15.69g (62.75%), Vitamin C: 37.33mg (45.25%), Phosphorus: 404.07mg (40.41%), Vitamin K: 41.5µg (39.53%), Copper: 0.72mg (35.79%), Potassium: 1196.42mg (34.18%), Magnesium: 129.15mg (32.29%), Vitamin B6: 0.61mg (30.3%), Vitamin B1: 0.45mg (30.26%), Iron: 5.29mg (29.39%), Vitamin A: 1245.38IU (24.91%), Zinc: 3.02mg (20.11%), Vitamin E: 2.87mg (19.16%), Selenium: 13.36µg (19.08%), Vitamin B3: 3.45mg (17.24%), Vitamin B5: 1.53mg

(15.28%), Vitamin B2: 0.21mg (12.24%), Calcium: 97.47mg (9.75%)