



Quick and Easy White Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



5 min.

SERVINGS



4

CALORIES



152 kcal

SIDE DISH

Ingredients

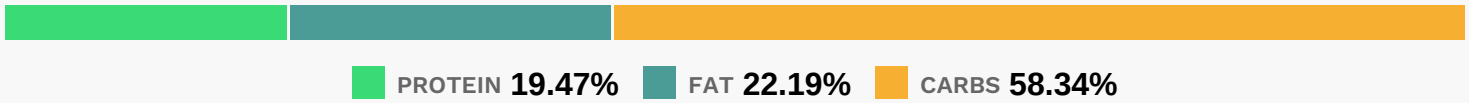
- ☐ 14.5 ounce beans white rinsed drained canned
- ☐ 2 tablespoons onion red chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 2 teaspoons red-wine vinegar (red or white)
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 0.5 teaspoon herbs de provence dry crumbled finely chopped ()
- ☐ 4 servings salt and pepper freshly ground to taste

Equipment

Directions

- ☐ Let the onion marinate in lemon juice: After you chop up the onion, squeeze a little lemon juice over it and let it sit while prepping the other ingredients. According to my mother, this will take the edge off the onion.
- ☐ Combine all ingredients into a serving dish. You can serve right away if you want, but if you chill for a few hours, the flavors will come together better.
- ☐ Lasts a couple of days in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:5.33, Inflammation Score:-4, Nutrition Score:8.0130433741471%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 151.74kcal (7.59%), Fat: 3.82g (5.88%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 22.6g (7.53%), Net Carbohydrates: 17.52g (6.37%), Sugar: 0.61g (0.67%), Cholesterol: 0mg (0%), Sodium: 199.5mg (8.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.54g (15.08%), Manganese: 0.55mg (27.38%), Fiber: 5.08g (20.3%), Iron: 3.27mg (18.18%), Folate: 68.84µg (17.21%), Potassium: 479.79mg (13.71%), Magnesium: 53.52mg (13.38%), Copper: 0.24mg (12.12%), Phosphorus: 95.72mg (9.57%), Vitamin E: 1.33mg (8.88%), Calcium: 79.06mg (7.91%), Zinc: 1.17mg (7.8%), Vitamin K: 7.25µg (6.91%), Vitamin B1: 0.1mg (6.83%), Vitamin B6: 0.09mg (4.27%), Selenium: 1.68µg (2.4%), Vitamin B2: 0.04mg (2.38%), Vitamin C: 1.9mg (2.3%), Vitamin B5: 0.2mg (2.01%)