



Red Bean Salad with Feta and Peppers

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



239 kcal

SIDE DISH

Ingredients

- 2 cups cabbage chopped
- 15 ounce kidney beans canned
- 1 cup feta cheese crumbled
- 0.3 cup parsley fresh chopped
- 1 clove garlic minced
- 2 green onions
- 2 tablespoons juice of lemon
- 1 tablespoon olive oil

1 bell pepper red chopped

Equipment

bowl

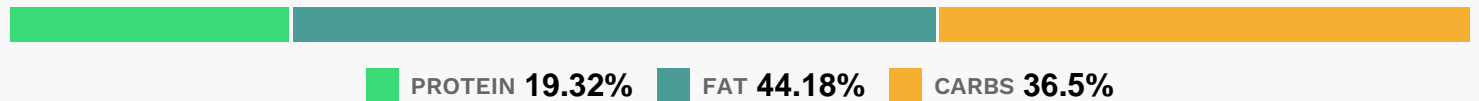
Directions

Rinse kidney beans under cold water.

Drain well.

In a large salad bowl, combine beans, red pepper, cabbage, onions, feta, parsley, garlic, lemon juice, and olive oil. Cover and refrigerate for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:62.25, Glycemic Load:6.75, Inflammation Score:-9, Nutrition Score:21.609130278878%

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: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 239.4kcal (11.97%), Fat: 12.14g (18.68%), Saturated Fat: 5.59g (34.94%), Carbohydrates: 22.57g (7.52%), Net Carbohydrates: 15.07g (5.48%), Sugar: 4.72g (5.24%), Cholesterol: 33.38mg (11.13%), Sodium: 711.18mg (30.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.95g (23.9%), Vitamin K: 129.63µg (123.46%), Vitamin C: 62.65mg (75.95%), Vitamin A: 1605.56IU (32.11%), Fiber: 7.49g (29.97%), Phosphorus: 262.77mg (26.28%), Vitamin B2: 0.44mg (25.8%), Calcium: 244.85mg (24.49%), Manganese: 0.44mg (22.01%), Folate: 81.34µg (20.33%), Vitamin B6: 0.39mg (19.75%), Vitamin B1: 0.22mg (14.58%), Potassium: 476.96mg (13.63%), Zinc: 1.97mg (13.11%), Iron: 2.3mg (12.79%), Magnesium: 51.13mg (12.78%), Vitamin B12: 0.63µg (10.56%), Selenium: 7.08µg (10.12%), Copper: 0.2mg (9.79%), Vitamin E: 1.2mg (7.98%), Vitamin B5: 0.71mg (7.08%), Vitamin B3: 1.38mg (6.9%)