



## Roast Lamb and White Bean Salad

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

READY IN



45 min.

SERVINGS



4

CALORIES



369 kcal

SIDE DISH

### Ingredients

- 2 cups arugula trimmed
- 0.3 teaspoon pepper black freshly ground
- 15.5 ounce great northern beans rinsed drained canned
- 15 ounce cannellini beans white rinsed drained canned
- 2 teaspoons olive oil extravirgin
- 0.5 cup parsley fresh chopped
- 2 ounces mozzarella fresh cubed
- 6 ounces leg of lamb cubed

- 0.1 teaspoon salt
- 0.3 cup shallots thinly sliced
- 3 tablespoons citrus champagne vinegar
- 1 cup bell pepper yellow chopped

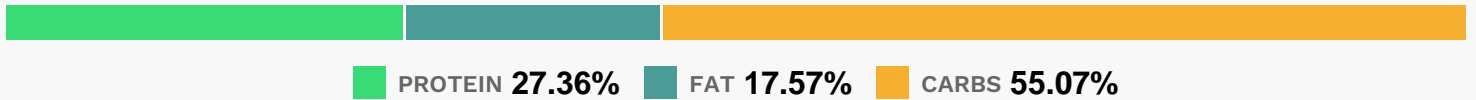
## Equipment

- bowl

## Directions

- Combine first 8 ingredients in a large bowl; toss well.
- Combine vinegar and remaining ingredients; drizzle over salad. Toss gently to coat. Cover and chill.

## Nutrition Facts



## Properties

Glycemic Index:46, Glycemic Load:6.25, Inflammation Score:-9, Nutrition Score:31.25608721505%

## Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

## Nutrients (% of daily need)

Calories: 369.28kcal (18.46%), Fat: 7.34g (11.29%), Saturated Fat: 2.82g (17.62%), Carbohydrates: 51.73g (17.24%), Net Carbohydrates: 39.99g (14.54%), Sugar: 1.89g (2.1%), Cholesterol: 28.34mg (9.45%), Sodium: 198.25mg (8.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.71g (51.41%), Vitamin K: 138.84µg (132.22%), Vitamin C: 82.5mg (100%), Manganese: 1.16mg (57.93%), Folate: 201.07µg (50.27%), Fiber: 11.73g (46.93%), Phosphorus: 376.49mg (37.65%), Iron: 6.49mg (36.04%), Magnesium: 137mg (34.25%), Potassium: 1169.33mg (33.41%), Copper: 0.53mg (26.61%), Calcium: 246.23mg (24.62%), Zinc: 3.6mg (24.01%), Vitamin B1: 0.33mg (22.08%), Selenium: 15.24µg (21.78%), Vitamin A: 1040.7IU (20.81%), Vitamin B6: 0.38mg (18.75%), Vitamin B12: 1.05µg (17.44%), Vitamin B2: 0.24mg (14.16%), Vitamin B3: 2.8mg (14.01%), Vitamin B5: 0.9mg (8.96%), Vitamin E: 1.32mg (8.8%)