



## Roasted Beet 'n Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



118 kcal

SIDE DISH

### Ingredients

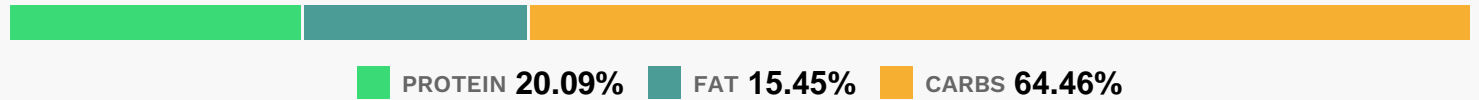
- 2 cups roasted beets red chopped
- 2 cups black beans dried cooled cooked drained
- 0.5 cup parsley fresh chopped
- 1 cup green onions chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 1 juice of lemon

### Equipment

## Directions

- Mix beans and parsley. Season with salt and pepper to taste, if desired.
- Place beets on platter; top with bean mixture.
- Sprinkle with onions.
- Pour dressing over salad just before serving. Squeeze lemon juice over salad.

## Nutrition Facts



## Properties

Glycemic Index:8.53, Glycemic Load:0.9, Inflammation Score:-6, Nutrition Score:10.359130517296%

## Flavonoids

Petunidin: 3.99mg, Petunidin: 3.99mg, Petunidin: 3.99mg, Petunidin: 3.99mg Delphinidin: 4.79mg, Delphinidin: 4.79mg, Delphinidin: 4.79mg, Delphinidin: 4.79mg Malvidin: 2.74mg, Malvidin: 2.74mg, Malvidin: 2.74mg, Malvidin: 2.74mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

## Nutrients (% of daily need)

Calories: 118.1kcal (5.9%), Fat: 2.08g (3.21%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 19.57g (6.52%), Net Carbohydrates: 14.8g (5.38%), Sugar: 2.84g (3.16%), Cholesterol: 0mg (0%), Sodium: 95.43mg (4.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.2%), Vitamin K: 52.47µg (49.97%), Folate: 142.32µg (35.58%), Fiber: 4.76g (19.05%), Manganese: 0.35mg (17.52%), Vitamin B1: 0.25mg (16.39%), Potassium: 480.66mg (13.73%), Magnesium: 51.25mg (12.81%), Copper: 0.24mg (12.07%), Phosphorus: 103.27mg (10.33%), Iron: 1.69mg (9.38%), Zinc: 1.06mg (7.08%), Vitamin C: 5.61mg (6.8%), Vitamin A: 248.27IU (4.97%), Vitamin B6: 0.1mg (4.9%), Calcium: 43.42mg (4.34%), Vitamin B2: 0.06mg (3.81%), Vitamin B3: 0.64mg (3.2%), Vitamin B5: 0.28mg (2.76%), Vitamin E: 0.29mg (1.92%), Selenium: 1.16µg (1.65%)