



# Spicy Not-Baked Beans

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

10 min.

SERVINGS

servings

4

CALORIES

calories

350 kcal

SIDE DISH

## Ingredients

- ☐ 2 cans shell beans rinsed drained well
- ☐ 0.3 cucumber seedless chopped
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 1 clove garlic finely chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon hot sauce
- ☐ 2 juice of lemon juiced
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 1 small bell pepper green red chopped
- ☐ 0.5 onion red finely chopped
- ☐ 4 servings salt and pepper

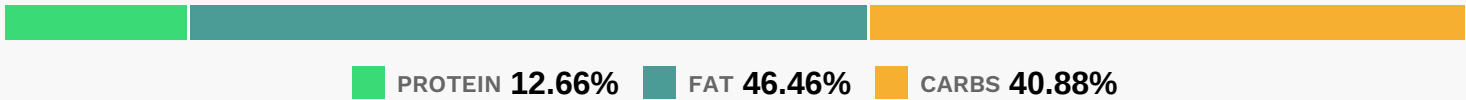
## Equipment

- ☐ bowl

## Directions

- ☐ Combine the garlic, hot sauce, cumin, lemon juice, and extra-virgin olive oil in a bowl then add the chopped vegetables, parsley, and beans. Toss salad to coat in dressing and season liberally with salt and pepper.
- ☐ Serve immediately or chill up to 3 days.

## Nutrition Facts



## Properties

Glycemic Index:35, Glycemic Load:8.33, Inflammation Score:-8, Nutrition Score:19.933043314063%

## Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

## Nutrients (% of daily need)

Calories: 349.98kcal (17.5%), Fat: 18.63g (28.66%), Saturated Fat: 2.61g (16.33%), Carbohydrates: 36.87g (12.29%), Net Carbohydrates: 25.58g (9.3%), Sugar: 1.79g (1.99%), Cholesterol: 0mg (0%), Sodium: 951.74mg (41.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.42g (22.85%), Vitamin K: 97.4µg (92.76%), Fiber: 11.29g (45.17%), Manganese: 0.88mg (43.96%), Vitamin C: 29.89mg (36.23%), Folate: 124.51µg (31.13%), Iron: 4.83mg (26.82%), Magnesium: 95.38mg (23.84%), Copper: 0.43mg (21.55%), Vitamin E: 2.75mg (18.32%), Phosphorus: 179.88mg (17.99%), Potassium: 611.97mg (17.48%), Vitamin B6: 0.29mg (14.32%), Selenium: 10µg (14.28%), Zinc:

1.58mg (10.56%), Vitamin A: 518.55IU (10.37%), Vitamin B1: 0.15mg (10.24%), Vitamin B5: 0.69mg (6.88%), Calcium: 67.57mg (6.76%), Vitamin B2: 0.1mg (5.82%), Vitamin B3: 0.8mg (3.98%)