



Spicy Salad with Kidney Beans, Cheddar, and Nuts

 Vegetarian  Gluten Free  Very Healthy

READY IN



10 min.

SERVINGS



1

CALORIES



719 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 grams almonds
- 0.5 avocado
- 5 ml balsamic vinegar
- 30 grams cheddar cheese
- 113 grams kidney beans cooked
- 150 grams the salad mixed
- 10 ml olive oil

- 15 grams roasted cashews salted
- 2 sun-dried olives
- 2 dashes all the tabasco sauce you handle (if you like it hot!)

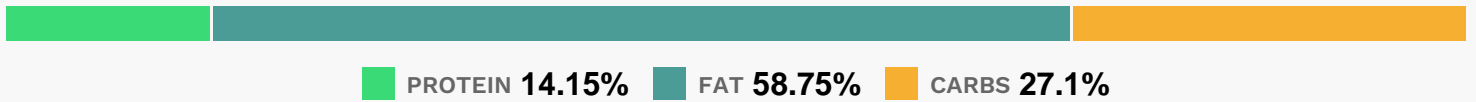
Equipment

- bowl

Directions

- Rinse and drain the kidney beans, cut the sundried tomatoes, and tear the slice of cheese into small pieces.
- Put the mixed greens in a bowl and top with kidney beans, sundried tomatoes, cheddar cheese, and nuts.
- Mix together the olive oil, balsamic vinegar, and hot sauce in a small bowl.
- Pour the dressing over the salad.
- Fast, easy, and healthy-- one of my favorite lunches!

Nutrition Facts



Properties

Glycemic Index:188.29, Glycemic Load:7.5, Inflammation Score:-10, Nutrition Score:38.485652173913%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg

Nutrients (% of daily need)

Calories: 719.45kcal (35.97%), Fat: 49.33g (75.89%), Saturated Fat: 11.22g (70.11%), Carbohydrates: 51.2g (17.07%), Net Carbohydrates: 33.28g (12.1%), Sugar: 4.84g (5.38%), Cholesterol: 30mg (10%), Sodium: 351.63mg (15.29%), Protein: 26.74g (53.48%), Folate: 309.79µg (77.45%), Manganese: 1.45mg (72.64%), Fiber: 17.91g (71.65%), Vitamin C: 47.92mg (58.09%), Phosphorus: 569.56mg (56.96%), Copper: 1.1mg (54.75%), Vitamin E: 7.63mg (50.88%), Magnesium: 192.51mg (48.13%), Potassium: 1562.23mg (44.64%), Vitamin A: 2186.76IU (43.74%), Vitamin K: 43.74µg (41.66%), Iron: 6.78mg (37.66%), Vitamin B2: 0.62mg (36.72%), Calcium: 328.36mg (32.84%), Zinc: 4.66mg (31.07%), Vitamin B6: 0.61mg (30.36%), Vitamin B1: 0.38mg (25.59%), Vitamin B5: 2.29mg (22.85%), Vitamin B3: 4.36mg (21.79%), Selenium: 13.44µg (19.2%), Vitamin B12: 0.32µg (5.3%), Vitamin D: 0.18µg (1.2%)