



## Spinach Salad with Kasha and Black Beans

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



49 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 9 oz baby spinach leaves
- 15.5 oz black beans rinsed canned
- 1 egg white lightly beaten
- 4 oz athenos feta cheese crumbled traditional
- 2 green onions finely chopped
- 0.8 cup 3/4 cup kraft zesty italian dressing italian kraft
- 1 bell pepper red chopped
- 2 cups water

1 cup kasha whole

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## Equipment

bowl

frying pan

## Directions

Mix egg white and kasha until blended.

Heat heavy medium nonstick skillet on medium heat.

Add kasha mixture; cook and stir 3 min. or until mixture is cooked dry and kasha grains have separated. Stir in water; bring to boil. Cover; simmer on medium-low heat 10 min. or until water is absorbed and kasha is tender.

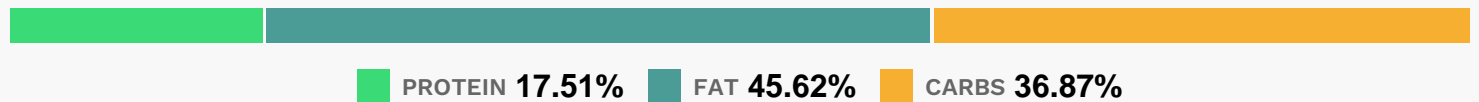
Spoon kasha into medium bowl.

Add beans and onions; mix lightly.

Cover platter with spinach; top with kasha mixture, cheese and peppers.

Drizzle with dressing.

## Nutrition Facts



## Properties

Glycemic Index:4.92, Glycemic Load:0.17, Inflammation Score:-7, Nutrition Score:6.7308696194187%

## Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## Nutrients (% of daily need)

Calories: 49.45kcal (2.47%), Fat: 2.57g (3.96%), Saturated Fat: 0.83g (5.21%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 3.11g (1.13%), Sugar: 1.04g (1.15%), Cholesterol: 4.04mg (1.35%), Sodium: 200.56mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.44%), Vitamin K: 55.54µg (52.9%), Vitamin A: 1137.99IU

(22.76%), Vitamin C: 9.64mg (11.69%), Folate: 34.82µg (8.71%), Manganese: 0.14mg (7.15%), Fiber: 1.56g (6.25%), Vitamin B2: 0.09mg (5.22%), Phosphorus: 42.1mg (4.21%), Magnesium: 16.51mg (4.13%), Calcium: 41.21mg (4.12%), Iron: 0.69mg (3.86%), Potassium: 134.47mg (3.84%), Vitamin B6: 0.07mg (3.39%), Vitamin E: 0.45mg (3%), Vitamin B1: 0.04mg (2.94%), Copper: 0.05mg (2.74%), Zinc: 0.3mg (2.02%), Selenium: 1.4µg (2%), Vitamin B3: 0.29mg (1.45%), Vitamin B12: 0.08µg (1.3%), Vitamin B5: 0.1mg (1.01%)