



WHAT'SheATE



Squid and White Bean Salad



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

SIDE DISH

Ingredients

- ☐ 1 cup celery chopped (from 3 ribs)
- ☐ 4 servings top for serving
- ☐ 0.5 cup olive oil extra virgin
- ☐ 1 teaspoon sage fresh minced
- ☐ 2 teaspoons thyme sprigs fresh minced
- ☐ 2 garlic clove minced
- ☐ 0.5 cup juice of lemon fresh
- ☐ 0.5 teaspoon pepper red hot

- ☐ 4 servings salt and pepper
- ☐ 1 pound squid rings cleaned
- ☐ 2 cups beans white drained and rinsed cooked (one 19-ounce can)

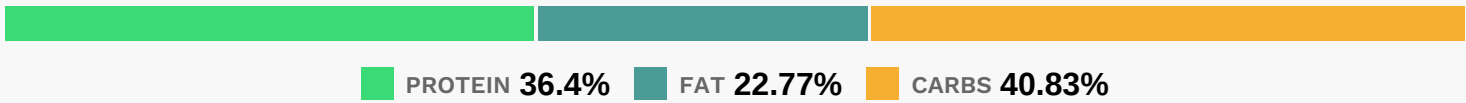
Equipment

- ☐ bowl
- ☐ pot
- ☐ colander

Directions

- ☐ In a large bowl, combine the beans, garlic, celery, thyme, sage, lemon juice, oil, and red pepper flakes. Season with salt and pepper. Stir gently until combined.
- ☐ Bring a large pot of salted water to a boil. While that warms up, cut the squid bodies into 1/4-inch thick rings, and halve the tentacles. When the water starts to boil, add the squid and cook until opaque, no more than one minute. Immediately drain the squid in a colander, and then toss the squid in the large bowl with the beans. Stir gently, and then set bowl aside for 30 minutes.
- ☐ Season the salad with salt and pepper to taste.
- ☐ Serve with the crusty bread.

Nutrition Facts



Properties

Glycemic Index:46.88, Glycemic Load:0.7, Inflammation Score:-8, Nutrition Score:24.943478169649%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 294.11kcal (14.71%), Fat: 7.5g (11.54%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 30.27g (10.09%), Net Carbohydrates: 23.82g (8.66%), Sugar: 1.49g (1.66%), Cholesterol: 264.22mg (88.07%), Sodium: 280.16mg (12.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.99g (53.99%), Copper: 3.94mg (197.18%), Selenium: 52.65µg (75.21%), Manganese: 0.74mg (37.03%), Phosphorus: 365.58mg (36.56%), Vitamin B2: 0.54mg (31.82%), Fiber: 6.45g (25.8%), Potassium: 898.5mg (25.67%), Magnesium: 101.94mg (25.48%), Iron: 4.53mg (25.15%), Vitamin B12: 1.47µg (24.57%), Vitamin C: 19.99mg (24.23%), Folate: 95.15µg (23.79%), Vitamin E: 3.19mg (21.28%), Zinc: 3.08mg (20.56%), Vitamin B3: 2.81mg (14.06%), Calcium: 140.33mg (14.03%), Vitamin K: 14.08µg (13.41%), Vitamin B6: 0.21mg (10.39%), Vitamin B1: 0.15mg (10.24%), Vitamin B5: 0.89mg (8.93%), Vitamin A: 274.39IU (5.49%)