



Tomato-Lima Bean Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

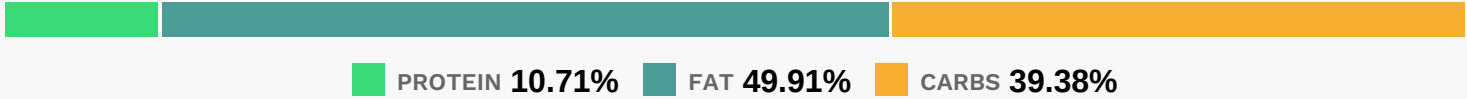
- ☐ 1 cup baby lima beans cooked
- ☐ 2 tablespoons optional: dill fresh finely chopped
- ☐ 1 teaspoon garlic fresh minced
- ☐ 0.8 cup grape tomatoes sliced
- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons onion red finely chopped
- ☐ 2 teaspoons red wine vinegar
- ☐ 15 servings salt and pepper to taste

Equipment

Directions

- ☐
- Stir together lima beans, tomatoes, onion, dill, olive oil, vinegar, and garlic. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:7.33, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:1.7534782601439%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 34.01kcal (1.7%), Fat: 1.92g (2.96%), Saturated Fat: 0.27g (1.68%), Carbohydrates: 3.42g (1.14%), Net Carbohydrates: 2.64g (0.96%), Sugar: 0.48g (0.53%), Cholesterol: 0mg (0%), Sodium: 196.46mg (8.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.86%), Manganese: 0.17mg (8.39%), Fiber: 0.77g (3.09%), Vitamin C: 2.51mg (3.04%), Potassium: 91.25mg (2.61%), Magnesium: 10.11mg (2.53%), Vitamin K: 2.48µg (2.36%), Vitamin E: 0.33mg (2.18%), Copper: 0.04mg (2.15%), Vitamin A: 103IU (2.06%), Iron: 0.34mg (1.91%), Phosphorus: 18.54mg (1.85%), Vitamin B6: 0.03mg (1.72%), Vitamin B1: 0.02mg (1.41%), Folate: 4.74µg (1.18%)