



Tuscan Bread and Bean Salad

READY IN



45 min.

SERVINGS



5

CALORIES



227 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce .5 can cannellini beans rinsed drained canned
- ☐ 0.5 cup celery diced
- ☐ 1 cup cucumber diced peeled
- ☐ 2 tablespoons basil fresh minced
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 ounce bread italian (3/)
- ☐ 0.3 cup dressing fat-free italian
- ☐ 3 tablespoons olives ripe sliced
- ☐ 0.5 cup parmesan cheese grated

- ☐ 0.5 cup purple onion chopped
- ☐ 1.5 cups tomatoes diced seeded
- ☐ 2 tablespoons citrus champagne vinegar

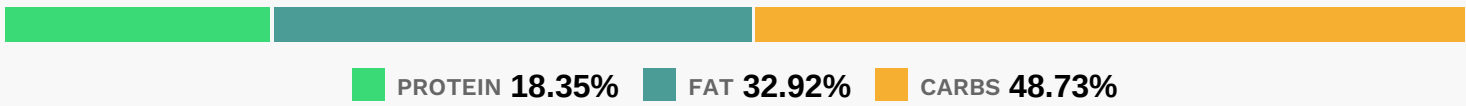
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Cut bread into cubes. Arrange bread cubes in a single layer in a 15- x 10- x 1-inch jellyroll pan.
- ☐ Bake at 375 for 20 minutes or until golden.
- ☐ Remove from oven, and let cool completely.
- ☐ Combine tomato and remaining 10 ingredients in a large bowl; toss well.
- ☐ Add toasted bread cubes to bean mixture just before serving; toss lightly.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:5.25, Inflammation Score:-7, Nutrition Score:14.424347808828%

Flavonoids

Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 6.75mg, Apigenin: 6.75mg, Apigenin: 6.75mg, Apigenin: 6.75mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 227.31kcal (11.37%), Fat: 8.46g (13.01%), Saturated Fat: 3.18g (19.87%), Carbohydrates: 28.17g (9.39%), Net Carbohydrates: 22.46g (8.17%), Sugar: 5.68g (6.32%), Cholesterol: 8.7mg (2.9%), Sodium: 405.52mg (17.63%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.6g (21.21%), Vitamin K: 70.27µg (66.93%), Manganese: 0.57mg (28.42%), Fiber: 5.71g (22.83%), Folate: 81.81µg (20.45%), Potassium: 641.77mg (18.34%), Iron: 3.23mg (17.96%), Calcium: 176.34mg (17.63%), Phosphorus: 170.89mg (17.09%), Vitamin A: 841.69IU (16.83%), Magnesium: 62.03mg (15.51%), Vitamin C: 12.68mg (15.37%), Copper: 0.27mg (13.62%), Zinc: 1.61mg (10.73%), Vitamin E: 1.47mg (9.81%), Vitamin B1: 0.13mg (8.85%), Vitamin B6: 0.16mg (8.04%), Selenium: 5.29µg (7.56%), Vitamin B2: 0.1mg (5.89%), Vitamin B3: 0.76mg (3.79%), Vitamin B5: 0.35mg (3.53%), Vitamin B12: 0.14µg (2.25%)