



Two bean, chickpea & tomato salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



210 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 250 g broad bean shelled (1kg 2lb 4oz before podding)
- ☐ 200 g string beans french
- ☐ 100 g chickpeas canned rinsed drained
- ☐ 140 g cherry tomatoes halved
- ☐ 2 tbsp basil fresh finely chopped
- ☐ 1 tbsp mint leaves fresh finely chopped
- ☐ 1 tbsp chives fresh snipped
- ☐ 0.5 juice of lemon

- ☐ 0.5 tsp caster sugar
- ☐ 1 tsp tomato purée
- ☐ 3 tbsp olive oil extra-virgin

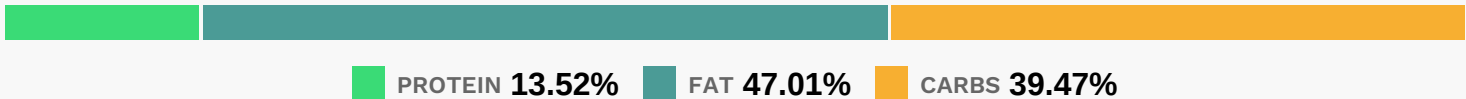
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook the broad beans in boiling salted water for 1 minute.
- ☐ Drain, rinse under the cold tap and peel off the skins. Simmer the French beans in salted boiling water for 4–5 minutes, until just cooked.
- ☐ Drain, rinse, then cut into 2.5cm lengths.
- ☐ Mix the beans in a large bowl with the chickpeas, tomatoes and herbs.
- ☐ To make the dressing, whisk the lemon juice with the sugar, tomato pure and salt and pepper, then gradually whisk in the olive oil.
- ☐ Pour over the salad and toss together.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:82.36, Glycemic Load:7.46, Inflammation Score:-7, Nutrition Score:12.72173909519%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 209.83kcal (10.49%), Fat: 11.43g (17.58%), Saturated Fat: 1.58g (9.85%), Carbohydrates: 21.59g (7.2%), Net Carbohydrates: 15.39g (5.6%), Sugar: 4.33g (4.81%), Cholesterol: 0mg (0%), Sodium: 80.28mg (3.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.4g (14.79%), Vitamin K: 45.32µg (43.16%), Manganese: 0.66mg (32.91%), Fiber: 6.2g (24.81%), Folate: 96.55µg (24.14%), Vitamin C: 16.98mg (20.58%), Vitamin A: 750.4IU (15.01%), Copper: 0.28mg (13.95%), Vitamin B6: 0.27mg (13.54%), Vitamin E: 1.98mg (13.18%), Magnesium: 52.38mg (13.1%), Phosphorus: 130.12mg (13.01%), Iron: 2.21mg (12.28%), Potassium: 407.46mg (11.64%), Vitamin B1: 0.13mg (8.36%), Vitamin B2: 0.12mg (7.34%), Zinc: 1.01mg (6.75%), Calcium: 61.35mg (6.14%), Vitamin B3: 1.09mg (5.44%), Selenium: 2.63µg (3.76%), Vitamin B5: 0.35mg (3.5%)