



 **67%**
HEALTH SCORE

Two Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



277 kcal

SIDE DISH

Ingredients

- 15 ounce .5 can cannellini beans drained and rinsed canned
- 15 ounce kidney beans drained and rinsed canned
- 1 stalk celery diced finely
- 0.3 cup flat-leaf parsley fresh chopped
- 4 servings kosher salt and pepper black freshly ground
- 2 tablespoons olive oil extra-virgin
- 0.3 small onion red minced
- 1 scallion white green thinly sliced

2 tablespoons citrus champagne vinegar

Equipment

bowl

whisk

Directions

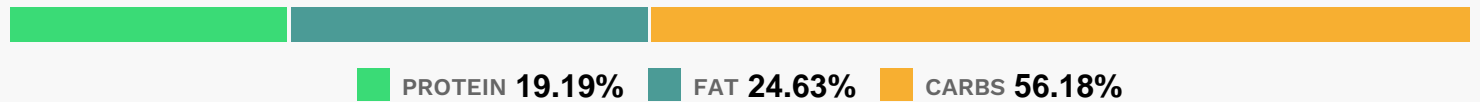
Whisk together the oil, vinegar, 1/4 teaspoon salt and 1/8 teaspoon pepper in a medium bowl.

Add the beans, parsley, celery, scallions and red onions and stir until well combined.

Add additional salt and pepper to taste.

Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:10.95, Inflammation Score:-7, Nutrition Score:17.84913035061%

Flavonoids

Apigenin: 8.37mg, Apigenin: 8.37mg, Apigenin: 8.37mg, Apigenin: 8.37mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 277.32kcal (13.87%), Fat: 7.75g (11.93%), Saturated Fat: 1.14g (7.12%), Carbohydrates: 39.78g (13.26%), Net Carbohydrates: 28.54g (10.38%), Sugar: 2.8g (3.11%), Cholesterol: 0mg (0%), Sodium: 289.09mg (12.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.59g (27.18%), Vitamin K: 82.49µg (78.56%), Manganese: 0.9mg (45.15%), Fiber: 11.24g (44.97%), Folate: 109.29µg (27.32%), Iron: 4.9mg (27.23%), Potassium: 828.47mg (23.67%), Magnesium: 90.85mg (22.71%), Phosphorus: 217.87mg (21.79%), Copper: 0.42mg (20.96%), Vitamin B1: 0.22mg (15%), Vitamin E: 1.94mg (12.95%), Zinc: 1.93mg (12.87%), Calcium: 122.32mg (12.23%), Vitamin B6: 0.19mg (9.3%), Vitamin C: 7.26mg (8.8%), Vitamin A: 391.39IU (7.83%), Vitamin B2: 0.12mg (7.32%), Selenium: 2.97µg (4.24%), Vitamin B5: 0.39mg (3.87%), Vitamin B3: 0.75mg (3.76%)