



Two-Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

SIDE DISH

Ingredients

- ☐ 19 ounce cannellini beans drained and rinsed canned
- ☐ 0.8 pound green beans trimmed cut into 1-inch pieces
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 shallots thinly sliced
- ☐ 2 tablespoons sherry vinegar

Equipment

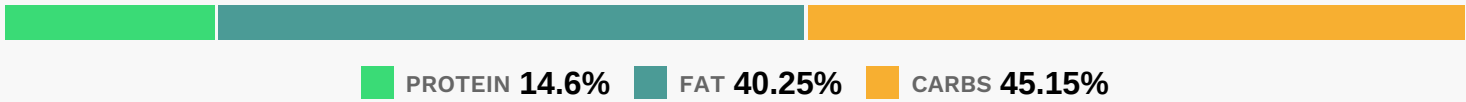
- ☐ bowl
- ☐ sauce pan

- ☐ whisk
- ☐ colander

Directions

- ☐ Whisk together vinegar, oil, 1/4 teaspoon salt, and 1/8 teaspoon pepper in a large bowl.
- ☐ Cook green beans in a 3- to 4-quart saucepan of boiling salted water 2 minutes, then add shallot and cook until beans are crisp-tender, about 2 minutes more.
- ☐ Drain in a colander and plunge into a large bowl of ice and cold water to stop cooking.
- ☐ Drain well, then add to dressing in bowl along with cannellini beans and toss well.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:8.77, Inflammation Score:-7, Nutrition Score:16.708695774493%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 305.14kcal (15.26%), Fat: 14.08g (21.67%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 35.55g (11.85%), Net Carbohydrates: 26.59g (9.67%), Sugar: 3.65g (4.06%), Cholesterol: 0mg (0%), Sodium: 13.46mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.49g (22.98%), Vitamin K: 48.65µg (46.34%), Manganese: 0.9mg (44.95%), Fiber: 8.96g (35.84%), Folate: 117.72µg (29.43%), Iron: 5.09mg (28.26%), Potassium: 814.74mg (23.28%), Magnesium: 91.55mg (22.89%), Vitamin E: 3.36mg (22.39%), Copper: 0.38mg (18.87%), Phosphorus: 159.21mg (15.92%), Vitamin B1: 0.2mg (13.52%), Calcium: 132.67mg (13.27%), Vitamin C: 10.91mg (13.23%), Vitamin B6: 0.24mg (12.12%), Vitamin A: 587.09IU (11.74%), Zinc: 1.74mg (11.6%), Vitamin B2: 0.14mg (8.21%), Vitamin B5: 0.46mg (4.59%), Vitamin B3: 0.79mg (3.94%), Selenium: 2.74µg (3.91%)