



Two-Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



210 kcal

SIDE DISH

Ingredients

- ☐ 30 oz .5 can cannellini beans rinsed canned
- ☐ 1 pint grape tomatoes halved
- ☐ 10 ounces green beans
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 teaspoons lemon zest grated
- ☐ 0.3 cup olive oil
- ☐ 1 onion red sliced
- ☐ 8 servings salt and pepper

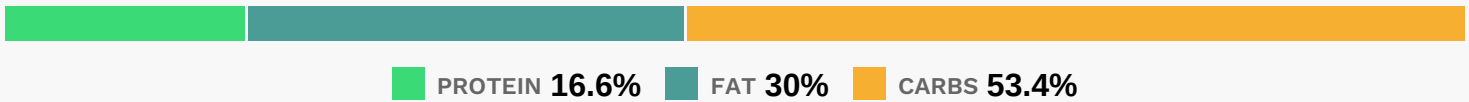
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Cut green beans into 1-inch lengths and cook in a saucepan of salted water until crisp-tender, 4 to 5 minutes. Rinse under cold water; dry on paper towels.
- ☐ In a large bowl, toss together ingredients; season with salt and pepper.
- ☐ Let stand at least 15 minutes and up to 2 hours before serving at room temperature.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:6.99, Inflammation Score:-7, Nutrition Score:13.383912946867%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 209.91kcal (10.5%), Fat: 7.29g (11.21%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 29.2g (9.73%), Net Carbohydrates: 22.12g (8.04%), Sugar: 3.82g (4.24%), Cholesterol: 0mg (0%), Sodium: 204.98mg (8.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.07g (18.15%), Manganese: 0.71mg (35.53%), Fiber: 7.08g (28.32%), Vitamin K: 27.11µg (25.82%), Folate: 93.87µg (23.47%), Iron: 3.78mg (21.01%), Potassium: 726.44mg (20.76%), Vitamin C: 17.04mg (20.65%), Magnesium: 71.5mg (17.87%), Copper: 0.31mg (15.66%), Vitamin E: 2.29mg (15.28%), Vitamin A: 738.19IU (14.76%), Phosphorus: 129.06mg (12.91%), Vitamin B1: 0.16mg (10.76%), Calcium: 101.11mg (10.11%), Vitamin B6: 0.2mg (9.89%), Zinc: 1.41mg (9.37%), Vitamin B2: 0.09mg (5.45%), Vitamin B3: 0.76mg (3.78%),

Vitamin B5: 0.36mg (3.58%), Selenium: 1.99µg (2.85%)