



Warm Bean and Spinach Salad

 Vegetarian  Gluten Free

READY IN



18 min.

SERVINGS



4

CALORIES



289 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 ounces pkt spinach fresh washed
- 15 oz cannellini beans white rinsed drained canned (kidney)
- 1.5 cups bell pepper red coarsely chopped
- 0.7 cup salad dressing italian
- 0.3 teaspoon garlic
- 2 ounces mozzarella cheese shredded

Equipment

- bowl

sauce pan

Directions

Remove large stems from spinach; tear spinach into bite-size pieces.

Place spinach in large bowl.

Add beans; set aside.

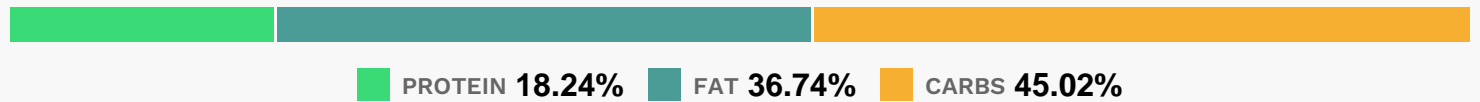
Heat bell pepper and dressing to boiling in 1-quart saucepan; reduce heat to low. Cook uncovered 2 minutes, stirring occasionally. Stir in garlic pepper.

Pour bell pepper mixture over spinach and beans; toss.

Sprinkle with cheese.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:6.53, Inflammation Score:-10, Nutrition Score:31.299999957499%

Flavonoids

Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 288.83kcal (14.44%), Fat: 12.19g (18.75%), Saturated Fat: 3.18g (19.86%), Carbohydrates: 33.59g (11.2%), Net Carbohydrates: 25.75g (9.36%), Sugar: 7.33g (8.15%), Cholesterol: 11.2mg (3.73%), Sodium: 541.37mg (23.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.61g (27.23%), Vitamin K: 370.4µg (352.77%), Vitamin A: 8505.22IU (170.1%), Vitamin C: 91.65mg (111.09%), Manganese: 1.27mg (63.27%), Folate: 233.3µg (58.32%), Fiber: 7.84g (31.36%), Iron: 5.51mg (30.59%), Magnesium: 121.75mg (30.44%), Potassium: 1040.45mg (29.73%), Vitamin E: 4.05mg (26.98%), Calcium: 228.7mg (22.87%), Vitamin B6: 0.41mg (20.66%), Phosphorus: 202.34mg (20.23%), Copper: 0.36mg (17.89%), Vitamin B2: 0.26mg (15.36%), Zinc: 2.15mg (14.33%), Vitamin B1: 0.2mg (13.33%), Selenium: 5.69µg (8.12%), Vitamin B3: 1.25mg (6.24%), Vitamin B12: 0.32µg (5.39%), Vitamin B5: 0.44mg (4.41%)