



Warm Tuscan Bean Salad

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



355 kcal

SIDE DISH

Ingredients

- 1 tablespoon vegetable oil
- 1 cup carrots sliced
- 0.5 cup onion chopped
- 30 ounces cannellini beans drained canned
- 1.5 teaspoons oregano dried fresh chopped
- 0.3 teaspoon pepper
- 4 cups pkt spinach
- 0.3 cup salad dressing italian

2 tablespoons bacon bits

Equipment

frying pan

Directions

Heat oil in 12-inch skillet over medium heat. Cook carrots and onion in oil 5 to 7 minutes, stirring occasionally, until vegetables are crisp-tender.

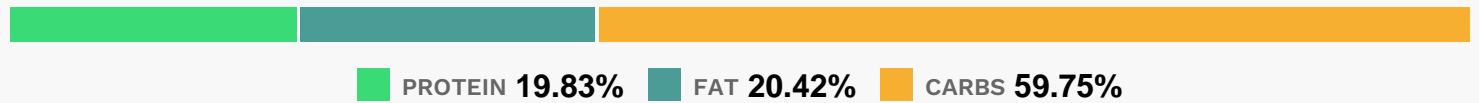
Stir in beans, 1/2 cup reserved liquid, the oregano and pepper. Cook 5 minutes, stirring occasionally.

Line large platter with spinach. Top with bean mixture.

Pour vinaigrette over salad.

Sprinkle with bacon bits.

Nutrition Facts



Properties

Glycemic Index:43.46, Glycemic Load:12.4, Inflammation Score:-10, Nutrition Score:29.827826051608%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.12mg, Kaempferol: 2.12mg, Kaempferol: 2.12mg, Kaempferol: 2.12mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg

Nutrients (% of daily need)

Calories: 354.68kcal (17.73%), Fat: 8.27g (12.73%), Saturated Fat: 1.31g (8.17%), Carbohydrates: 54.47g (18.16%), Net Carbohydrates: 41.66g (15.15%), Sugar: 4.73g (5.25%), Cholesterol: 0mg (0%), Sodium: 265.22mg (11.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.07g (36.15%), Vitamin K: 174.71µg (166.4%), Vitamin A: 8178.15IU (163.56%), Manganese: 1.49mg (74.68%), Folate: 212.53µg (53.13%), Fiber: 12.81g (51.24%), Iron: 7.66mg (42.56%), Potassium: 1292.82mg (36.94%), Magnesium: 144.28mg (36.07%), Copper: 0.58mg (29.13%), Phosphorus: 236.29mg (23.63%), Vitamin E: 3.48mg (23.22%), Calcium: 218.05mg (21.8%), Vitamin B1: 0.28mg (18.88%), Zinc: 2.75mg (18.32%), Vitamin B6: 0.31mg (15.33%), Vitamin C: 11.94mg (14.47%), Vitamin B2: 0.17mg (9.76%), Selenium: 4.43µg (6.32%), Vitamin B5: 0.53mg (5.33%), Vitamin B3: 0.91mg (4.53%)