



Warm Tuscan Bean Salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



353 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons bacon bits
- ☐ 30 ounces cannellini beans drained canned
- ☐ 1 cup carrots sliced
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 4 cups pkt spinach
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup salad dressing italian

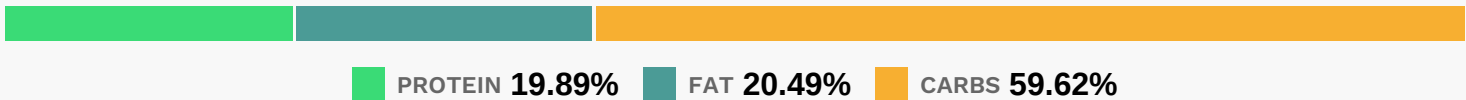
Equipment

☐ 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:42.21, Glycemic Load:12.39, Inflammation Score:-10, Nutrition Score:29.415217179319%

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: 352.69kcal (17.63%), Fat: 8.24g (12.68%), Saturated Fat: 1.29g (8.09%), Carbohydrates: 53.96g (17.99%), Net Carbohydrates: 41.47g (15.08%), Sugar: 4.69g (5.22%), Cholesterol: 0mg (0%), Sodium: 265.03mg (11.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.01g (36.01%), Vitamin A: 8165.39IU (163.31%), Vitamin K: 170.05µg (161.95%), Manganese: 1.46mg (72.81%), Folate: 210.75µg (52.69%), Fiber: 12.49g (49.96%), Iron: 7.38mg (41.03%), Potassium: 1283.38mg (36.67%), Magnesium: 142.25mg (35.56%), Copper: 0.58mg (28.89%), Phosphorus: 235.18mg (23.52%), Vitamin E: 3.35mg (22.31%), Calcium: 206.07mg (20.61%), Vitamin B1: 0.28mg (18.79%), Zinc: 2.73mg (18.19%), Vitamin B6: 0.3mg (14.93%), Vitamin C: 11.92mg (14.45%), Vitamin B2: 0.16mg (9.53%), Selenium: 4.39µg (6.28%), Vitamin B5: 0.53mg (5.27%), Vitamin B3: 0.87mg (4.36%)