



HEALTH SCORE

72%

Warm Two-Bean Chard Salad



Gluten Free



Very Healthy

READY IN



21 min.

SERVINGS



4

CALORIES



237 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15.5 oz black beans low-sodium canned
- ☐ 15.5 oz garbanzo beans low-sodium canned
- ☐ 0.5 cup flat parsley chopped
- ☐ 1 TBSP jalapeno fresh minced seeded
- ☐ 1 juice of lemon
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 cup parmesan cheese finely grated
- ☐ 0.3 teaspoon pepper fresh

☐ 6 ounces swiss chard

Equipment

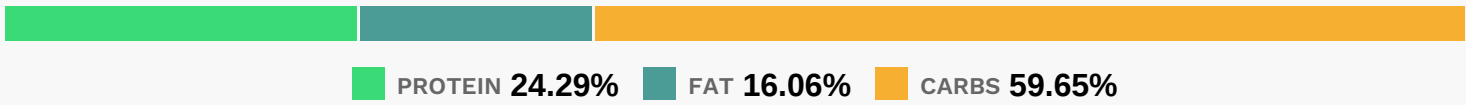
☐ bowl

☐ pot

Directions

- ☐ Drain and rinse the beans.
- ☐ Combine beans, minced jalapeo, parsley, lemon zest and juice, and salt and pepper in a large soup pot.
- ☐ Add 3/4 cup water. Cover; cook over medium heat until hot (about 5 minutes).
- ☐ Stack the chard leaves, slice into thin ribbons; stir into hot bean mixture. Cover and cook until the chard is soft and fully cooked (6–7 additional minutes).
- ☐ Transfer to a serving bowl.
- ☐ Sprinkle with cheese.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:42.08, Glycemic Load:4.45, Inflammation Score:-10, Nutrition Score:26.161304269796%

Flavonoids

Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 2.58mg, Kaempferol: 2.58mg, Kaempferol: 2.58mg, Kaempferol: 2.58mg Myricetin: 2.43mg, Myricetin: 2.43mg, Myricetin: 2.43mg, Myricetin: 2.43mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 236.78kcal (11.84%), Fat: 4.39g (6.76%), Saturated Fat: 1.31g (8.16%), Carbohydrates: 36.69g (12.23%), Net Carbohydrates: 23.19g (8.43%), Sugar: 0.88g (0.98%), Cholesterol: 5.44mg (1.81%), Sodium: 1076.94mg (46.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.94g (29.88%), Vitamin K: 476.96µg (454.24%), Manganese: 1.35mg (67.42%), Vitamin A: 3349.08IU (66.98%), Fiber: 13.5g (54%), Vitamin C: 33.16mg (40.19%), Vitamin B6: 0.65mg (32.67%), Folate: 114.74µg (28.68%), Magnesium: 109.72mg (27.43%), Phosphorus: 271.83mg (27.18%), Iron: 4.73mg (26.25%), Copper: 0.47mg (23.67%), Potassium: 729.48mg (20.84%), Calcium: 165.73mg (16.57%), Vitamin B1: 0.22mg (14.5%), Vitamin B2: 0.22mg (12.91%), Zinc: 1.87mg (12.44%), Selenium: 6.23µg (8.9%), Vitamin E: 1.04mg (6.92%), Vitamin B5: 0.68mg (6.77%), Vitamin B3: 1.15mg (5.77%), Vitamin B12: 0.08µg (1.41%)