



Warm White Bean Salad with Smoked Trout



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



15

CALORIES



120 kcal

SIDE DISH

Ingredients

- ☐ 15 servings pepper black freshly ground
- ☐ 1 large carrots cut into 1/2-inch dice (large)
- ☐ 2 tablespoons flat parsley chopped
- ☐ 1 clove garlic minced
- ☐ 0.5 pound navy dried white rinsed
- ☐ 1.5 tablespoons juice of lemon freshly squeezed
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 ounces pancetta thick chopped (slices)

- ☐ 1 teaspoon rosemary finely chopped
- ☐ 15 servings salt
- ☐ 5 ounces tuna in olive oil smoked skinless italian flaked drained (trout) (tuna)

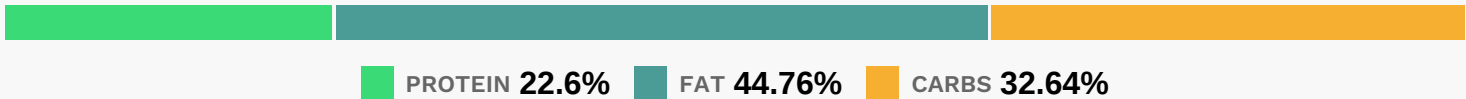
Equipment

- ☐ bowl
- ☐ pressure cooker

Directions

- ☐ To quick-soak the beans, put them in the pressure cooker and cover with 3 inches of water. Cover and bring to high pressure. Turn off the heat and let the pressure release naturally, about 5 minutes. Uncover and let cool, about 20 minutes.
- ☐ Drain and rinse the beans. Return them to the pressure cooker.
- ☐ Add the pancetta, garlic, carrot, rosemary and 1 tablespoon of the olive oil.
- ☐ Add 3 cups of water and bring to a boil. Cover and close the pressure cooker according to the manufacturer's instructions. Cook over very low heat, maintaining high pressure for 7 minutes.
- ☐ Let the pressure release naturally, then uncover and drain the beans.
- ☐ Transfer the beans to a large, wide bowl or deep platter.
- ☐ Add the lemon juice and remaining 1/4 cup of olive oil and season with salt and pepper. Arrange the trout on top, sprinkle with the parsley and serve right away or at room temperature.

Nutrition Facts



Properties

Glycemic Index:14.06, Glycemic Load:0.19, Inflammation Score:-6, Nutrition Score:7.649130380672%

Flavonoids

Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg

0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg
Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin:
0.02mg, Luteolin: 0.02mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg
Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.02mg, Quercetin:
0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 119.71kcal (5.99%), Fat: 6.03g (9.28%), Saturated Fat: 1.18g (7.39%), Carbohydrates: 9.89g (3.3%), Net
Carbohydrates: 7.41g (2.69%), Sugar: 0.59g (0.66%), Cholesterol: 4.2mg (1.4%), Sodium: 264.3mg (11.49%), Alcohol:
Og (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.7%), Vitamin A: 856.35IU (17.13%), Vitamin K: 16.72µg (15.92%),
Folate: 61.2µg (15.3%), Manganese: 0.3mg (14.9%), Selenium: 9.92µg (14.17%), Iron: 1.81mg (10.06%), Fiber: 2.49g
(9.95%), Potassium: 320.58mg (9.16%), Magnesium: 33.28mg (8.32%), Phosphorus: 82.92mg (8.29%), Copper:
0.16mg (8.12%), Vitamin B3: 1.45mg (7.27%), Vitamin B1: 0.08mg (5.64%), Zinc: 0.71mg (4.71%), Vitamin E: 0.69mg
(4.58%), Vitamin D: 0.65µg (4.32%), Calcium: 41.16mg (4.12%), Vitamin B6: 0.08mg (3.96%), Vitamin B12: 0.23µg
(3.78%), Vitamin B2: 0.04mg (2.38%), Vitamin C: 1.64mg (1.99%), Vitamin B5: 0.19mg (1.86%)