



White Bean and Cherry Tomato Salad



Gluten Free



Popular

READY IN



35 min.

SERVINGS



6

CALORIES



201 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce beans white drained and rinsed such as great northern or cannellini beans, canned
- ☐ 1 pint plum tomatoes halved
- ☐ 0.3 cup parsley coarsely chopped
- ☐ 0.3 cup olive oil extra virgin
- ☐ 3 cloves garlic peeled smashed
- ☐ 1 sprig rosemary fresh
- ☐ 3 fillet anchovy coarsely chopped for vegetarian option (omit)
- ☐ 0.3 cup parmesan cheese freshly grated

- ☐ 0.8 teaspoon kosher salt
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 teaspoon lemon zest
- ☐ 0.3 cup juice of lemon

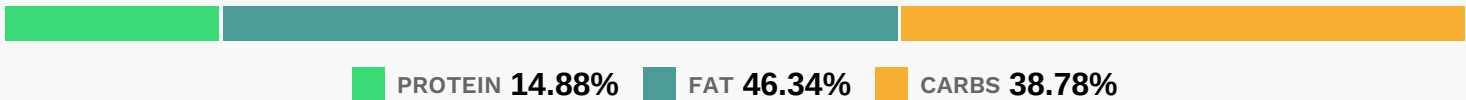
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place the garlic and sprig of rosemary in the olive oil in a small saucepan.
- ☐ Heat the oil on medium until the rosemary begins to sizzle.
- ☐ Remove the pan from the heat and let sit for 20 minutes, allowing the rosemary and garlic to infuse in the oil.
- ☐ Remove rosemary sprig from the oil, discard.
- ☐ Remove the garlic from the oil, reserving the oil.
- ☐ Add the garlic, anchovies (omit for vegetarian option), Parmesan cheese, salt, pepper, lemon zest, and lemon juice to a food processor or mini chopper. Pulse until smooth.
- ☐ Mix dressing with beans: In a medium bowl, gently mix the garlic Parmesan lemon mixture in with the beans until the beans are well coated.
- ☐ Let the beans sit for a few minutes so they absorb some of the dressing.
- ☐ Gently mix in the reserved olive oil, tomatoes, and parsley.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:4.59, Inflammation Score:-7, Nutrition Score:13.164347670001%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 200.77kcal (10.04%), Fat: 10.69g (16.45%), Saturated Fat: 2g (12.51%), Carbohydrates: 20.13g (6.71%), Net Carbohydrates: 15.55g (5.65%), Sugar: 2.6g (2.89%), Cholesterol: 4.82mg (1.61%), Sodium: 375.61mg (16.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.72g (15.45%), Vitamin K: 68.6µg (65.34%), Manganese: 0.5mg (25.15%), Vitamin C: 20.07mg (24.33%), Vitamin A: 976.62IU (19.53%), Fiber: 4.58g (18.32%), Folate: 65.55µg (16.39%), Potassium: 560.85mg (16.02%), Vitamin E: 2.36mg (15.72%), Iron: 2.72mg (15.12%), Magnesium: 49.97mg (12.49%), Phosphorus: 118.54mg (11.85%), Copper: 0.23mg (11.48%), Calcium: 108.46mg (10.85%), Zinc: 1.2mg (8.02%), Vitamin B6: 0.15mg (7.48%), Vitamin B1: 0.11mg (7.2%), Selenium: 3.56µg (5.08%), Vitamin B3: 0.9mg (4.49%), Vitamin B2: 0.07mg (3.98%), Vitamin B5: 0.27mg (2.66%), Vitamin B12: 0.07µg (1.14%)