



WHATSheATE



White Bean & Baby Zucchini Salad



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



238 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 30 oz .5 can cannellini beans drained and rinsed canned
- ☐ 6 servings coarse salt and ground pepper
- ☐ 4 ounce green beans trimmed thinly sliced
- ☐ 1 tablespoon olive oil
- ☐ 2 ounce parmesan cheese fresh crumbled
- ☐ 1 pound zucchini trimmed thinly sliced

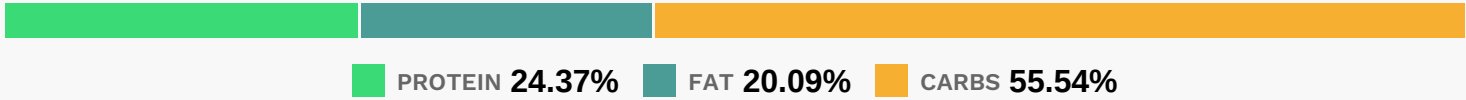
Equipment

- ☐ bowl

Directions

☐ In a medium bowl, place cannellini beans, zucchini, green beans, Parmesan, lemon zest and juice, olive oil, and basil; season with salt and pepper. Toss to combine.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:7.9, Inflammation Score:-7, Nutrition Score:16.068695573703%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 237.97kcal (11.9%), Fat: 5.47g (8.41%), Saturated Fat: 2.05g (12.83%), Carbohydrates: 34.02g (11.34%), Net Carbohydrates: 25.95g (9.44%), Sugar: 2.99g (3.33%), Cholesterol: 6.43mg (2.14%), Sodium: 359.49mg (15.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.93g (29.86%), Manganese: 0.91mg (45.35%), Fiber: 8.07g (32.28%), Folate: 117.18µg (29.29%), Iron: 4.8mg (26.69%), Potassium: 889.48mg (25.41%), Magnesium: 94.79mg (23.7%), Calcium: 234.59mg (23.46%), Phosphorus: 230.48mg (23.05%), Copper: 0.39mg (19.26%), Vitamin C: 15.84mg (19.2%), Vitamin K: 17.05µg (16.24%), Zinc: 2.14mg (14.23%), Vitamin B6: 0.26mg (13.24%), Vitamin B1: 0.19mg (12.62%), Vitamin E: 1.64mg (10.97%), Vitamin B2: 0.17mg (10.27%), Vitamin A: 355.41IU (7.11%), Selenium: 4.66µg (6.66%), Vitamin B5: 0.5mg (5.02%), Vitamin B3: 0.67mg (3.33%), Vitamin B12: 0.11µg (1.89%)