



White Bean, Herb and Tomato Salad



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



7

CALORIES



171 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup balsamic vinaigrette fat-free
- ☐ 19 oz cannellini beans white rinsed drained canned (kidney)
- ☐ 0.8 cup mozzarella cheese cubed
- ☐ 1.5 cups tomatoes chopped

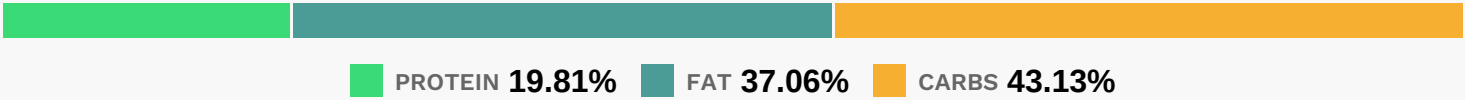
Equipment

- ☐ bowl

Directions

- ☐ In large bowl, mix all ingredients.
- ☐ Serve immediately, or cover and refrigerate 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:13.71, Glycemic Load:4.31, Inflammation Score:-5, Nutrition Score:7.8865216892699%

Flavonoids

Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 170.68kcal (8.53%), Fat: 7.09g (10.91%), Saturated Fat: 2.02g (12.62%), Carbohydrates: 18.57g (6.19%), Net Carbohydrates: 14.49g (5.27%), Sugar: 1.56g (1.73%), Cholesterol: 9.48mg (3.16%), Sodium: 181.83mg (7.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.53g (17.06%), Manganese: 0.44mg (21.81%), Fiber: 4.08g (16.31%), Folate: 55.65µg (13.91%), Iron: 2.44mg (13.55%), Potassium: 434.14mg (12.4%), Calcium: 121.09mg (12.11%), Phosphorus: 120.17mg (12.02%), Magnesium: 45.16mg (11.29%), Copper: 0.2mg (9.93%), Zinc: 1.27mg (8.44%), Vitamin A: 347.08IU (6.94%), Vitamin B1: 0.09mg (5.95%), Vitamin E: 0.8mg (5.35%), Vitamin C: 4.37mg (5.3%), Vitamin K: 5.03µg (4.79%), Selenium: 3.27µg (4.67%), Vitamin B12: 0.27µg (4.56%), Vitamin B6: 0.09mg (4.38%), Vitamin B2: 0.07mg (4.03%), Vitamin B5: 0.19mg (1.88%), Vitamin B3: 0.29mg (1.45%)