



WHATSheATE



HEALTH SCORE

58%

White Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



77 kcal

SIDE DISH

Ingredients

- ☐ 4 rib celery
- ☐ 0.5 cup flat-leafed parsley leaves fresh packed
- ☐ 0.3 cup chives fresh chopped
- ☐ 1 tablespoon tarragon leaves fresh chopped
- ☐ 3 large garlic cloves
- ☐ 0.7 pound beans such as great northern dried white
- ☐ 0.3 cup lemon vinaigrette
- ☐ 6 servings juice of lemon fresh to taste

☐ 4 scallions

Equipment

☐ bowl

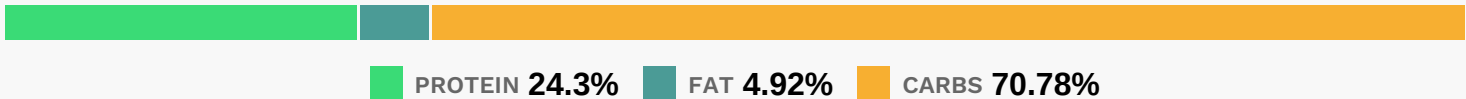
☐ sauce pan

☐ colander

Directions

- ☐ In a large bowl soak beans in cold water to cover by 2 inches at least 6 hours and up to 1 day.
- ☐ Drain beans. In a 3 x 4-quart saucepan cover beans with cold water by 2 inches and simmer until tender, 1 to 1 1/4 hours. After about 45 minutes, season beans with salt.
- ☐ Drain beans in a colander and transfer to a bowl. Gently stir vinaigrette into warm beans. Beans may be prepared up to this point 1 day ahead and cooled, uncovered, before being chilled, covered.
- ☐ Thinly slice celery and scallions. Chop parsley and mince garlic.
- ☐ Add celery, scallions, parsley, garlic, chives, and tarragon to beans and stir in lemon juice and salt and pepper to taste.
- ☐ Serve beans warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:44.42, Glycemic Load:0.87, Inflammation Score:-7, Nutrition Score:12.181739107422%

Flavonoids

Eriodictyol: 3.25mg, Eriodictyol: 3.25mg, Eriodictyol: 3.25mg, Eriodictyol: 3.25mg Hesperetin: 5.46mg, Hesperetin: 5.46mg, Hesperetin: 5.46mg, Hesperetin: 5.46mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 76.82kcal (3.84%), Fat: 0.46g (0.7%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 14.84g (4.95%), Net Carbohydrates: 10.39g (3.78%), Sugar: 0.96g (1.06%), Cholesterol: 0mg (0%), Sodium: 7.04mg (0.31%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 5.1g (10.19%), Vitamin K: 102.33µg (97.46%), Vitamin C: 22.9mg (27.75%), Manganese: 0.41mg (20.61%), Folate: 73.65µg (18.41%), Fiber: 4.45g (17.78%), Vitamin A: 629.63IU (12.59%), Iron: 2.01mg (11.19%), Phosphorus: 99.18mg (9.92%), Potassium: 326.46mg (9.33%), Magnesium: 36.34mg (9.08%), Copper: 0.16mg (8.03%), Vitamin B1: 0.1mg (6.93%), Calcium: 68.7mg (6.87%), Vitamin B6: 0.13mg (6.71%), Zinc: 0.62mg (4.11%), Vitamin B2: 0.07mg (3.84%), Selenium: 2.46µg (3.52%), Vitamin B3: 0.6mg (3.02%), Vitamin B5: 0.22mg (2.18%)