



White Bean Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



133 kcal

SIDE DISH

Ingredients



1 bay leaf



3 tablespoons basil fresh chopped



0.5 bunch chives fresh chopped



1 clove garlic



0.5 teaspoon honey



1 tablespoon juice of lemon



0.5 teaspoon lemon zest grated



0.3 cup olive oil extra-virgin

- ☐ 5 mild radishes such as lady slipper radishes, thinly sliced
- ☐ 1 tablespoon shallots chopped
- ☐ 1 cup sugar snap peas
- ☐ 1 cup beans dried white such as cannellini or great northern, or 1 15-ounce can

Equipment

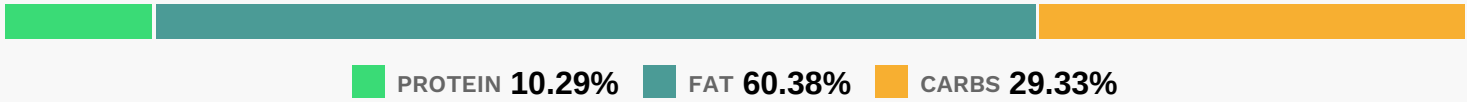
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ If you're using dried beans, first rinse them, picking out any stones, and place in a bowl. Cover with cold water and soak for 8 hours, or overnight, then drain the beans and place in a pot.
- ☐ Add the garlic and bay leaf and enough water to cover the beans by at least 1 inch. Bring to a boil, reduce the heat, cover, and simmer, stirring occasionally, until the beans are tender, about 1 hour.
- ☐ In a small bowl, combine the olive oil, lemon zest, lemon juice, honey, and shallot.
- ☐ Whisk to combine.
- ☐ When the beans are done, drain them well and place in a medium bowl. Discard the bay leaf and garlic clove.
- ☐ Add one third of the vinaigrette to the warm beans and toss; then let stand for 15 minutes, tossing occasionally. If using canned beans, rinse and drain them, then toss with the vinaigrette.
- ☐ In a small pot of boiling water, cook the snow peas or sugar snap peas for 1 minute. Using a slotted spoon, place them in a bowl of ice water.
- ☐ Drain, pat dry, and slice thin.
- ☐ In a large salad bowl, place the cooled beans, snow peas, chives, radishes, and basil.
- ☐ Pour the remaining dressing over and toss lightly.
- ☐ Serve immediately.

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- ☐
- Let's Move!, a nationwide initiative to address our epidemic of childhood obesity by bringing healthier food into schools and communities, and encouraging kids to be more active. American Grown is her first book.

Nutrition Facts



Properties

Glycemic Index:43.21, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:5.6004347438398%

Flavonoids

Pelargonidin: 2.1mg, Pelargonidin: 2.1mg, Pelargonidin: 2.1mg, Pelargonidin: 2.1mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 133.15kcal (6.66%), Fat: 9.16g (14.09%), Saturated Fat: 1.28g (8%), Carbohydrates: 10.01g (3.34%), Net Carbohydrates: 7.53g (2.74%), Sugar: 1.51g (1.68%), Cholesterol: 0mg (0%), Sodium: 4.32mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.03%), Vitamin K: 15.47µg (14.73%), Vitamin C: 12.15mg (14.73%), Manganese: 0.26mg (13%), Vitamin E: 1.65mg (11.03%), Fiber: 2.48g (9.91%), Iron: 1.58mg (8.8%), Folate: 34.03µg (8.51%), Potassium: 222.63mg (6.36%), Magnesium: 24.51mg (6.13%), Copper: 0.11mg (5.42%), Vitamin A: 246.41IU (4.93%), Phosphorus: 45.82mg (4.58%), Vitamin B1: 0.06mg (4.23%), Calcium: 38.94mg (3.89%), Vitamin B6: 0.07mg (3.6%), Zinc: 0.49mg (3.27%), Vitamin B5: 0.21mg (2.12%), Vitamin B2: 0.03mg (1.82%)