

White Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



191 kcal

SIDE DISH

Ingredients

- 15 ounce artichoke hearts drained quartered canned
- 30 ounce .5 can cannellini beans drained and rinsed canned
- 2 rib celery diced
- 1 teaspoon dijon mustard
- 0.5 cucumber diced english
- 0.3 cup parsley fresh finely chopped
- 2 teaspoons rosemary fresh finely chopped
- 1 tablespoon thyme leaves fresh

- 1 teaspoon garlic powder
- 0.5 cup olives green sliced
- 2 green onions thinly sliced
- 0.5 cup olive oil
- 1 teaspoon paprika
- 6 plum tomatoes diced cored seeded
- 1 cup roasted peppers red drained chopped
- 8 servings salt and pepper to taste
- 0.3 cup sherry vinegar

Equipment

- bowl
- whisk

Directions

- Stir together the beans, artichokes, olives, peppers, cucumber, tomatoes, celery and green onions in a large bowl; set aside.
- Whisk together the vinegar, Dijon mustard, parsley, thyme, rosemary, garlic powder, paprika, salt, and pepper in a small bowl. Gradually pour in olive oil until well combined.
- Pour the dressing over the salad, and stir until all ingredients are coated. Refrigerate at least one hour or overnight before serving.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:6.01, Inflammation Score:-9, Nutrition Score:14.185652110888%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 4.08mg, Apigenin: 4.08mg, Apigenin: 4.08mg, Apigenin: 4.08mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg

0.48mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 190.7kcal (9.54%), Fat: 4.56g (7.01%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 29.11g (9.7%), Net Carbohydrates: 21.63g (7.87%), Sugar: 2.43g (2.7%), Cholesterol: 0mg (0%), Sodium: 779.21mg (33.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.18g (18.35%), Vitamin K: 48.82µg (46.5%), Manganese: 0.68mg (34.1%), Fiber: 7.48g (29.92%), Vitamin C: 19.56mg (23.71%), Iron: 4mg (22.22%), Folate: 86.07µg (21.52%), Potassium: 689.39mg (19.7%), Vitamin A: 886.06IU (17.72%), Magnesium: 69.05mg (17.26%), Copper: 0.33mg (16.52%), Vitamin E: 1.92mg (12.77%), Phosphorus: 123.25mg (12.33%), Calcium: 107.3mg (10.73%), Zinc: 1.42mg (9.47%), Vitamin B1: 0.14mg (9.19%), Vitamin B6: 0.18mg (8.85%), Vitamin B2: 0.07mg (4.28%), Vitamin B5: 0.32mg (3.2%), Selenium: 2.22µg (3.18%), Vitamin B3: 0.62mg (3.1%)