



WHATSheATE



HEALTH SCORE

87%

White Bean Salad with Asparagus and Artichokes



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



303 kcal

SIDE DISH

Ingredients



2 cups asparagus (1-inch)



10 baby artichokes fresh peeled quartered



0.1 teaspoon pepper black



2 tablespoons basil fresh thinly sliced



19 ounce cannellini beans white rinsed drained canned



3 tablespoons spring onion thinly sliced



2 tablespoons juice of lemon fresh

- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.3 cup radishes thinly sliced
- ☐ 0.3 teaspoon salt

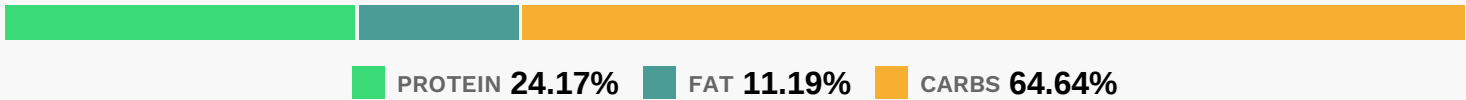
Equipment

- ☐ bowl

Directions

- ☐ Steam the artichokes, covered, for 10 minutes or until tender. Steam the asparagus, covered, for 2 minutes.
- ☐ Combine the radishes and remaining ingredients in a bowl, and gently stir in artichokes and asparagus.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:0.52, Inflammation Score:-9, Nutrition Score:22.918260906054%

Flavonoids

Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Quercetin: 9.88mg, Quercetin: 9.88mg, Quercetin: 9.88mg, Quercetin: 9.88mg

Nutrients (% of daily need)

Calories: 303.04kcal (15.15%), Fat: 4.23g (6.51%), Saturated Fat: 0.71g (4.42%), Carbohydrates: 54.98g (18.33%), Net Carbohydrates: 32.35g (11.76%), Sugar: 5.56g (6.18%), Cholesterol: 0mg (0%), Sodium: 419.69mg (18.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.55g (41.11%), Fiber: 22.63g (90.54%), Vitamin A: 2504.58IU (50.09%), Folate: 179.68µg (44.92%), Iron: 7.87mg (43.7%), Manganese: 0.84mg (41.9%), Vitamin K: 43.67µg (41.59%), Phosphorus: 261.89mg (26.19%), Copper: 0.47mg (23.69%), Vitamin B1: 0.31mg (20.96%), Potassium: 708.38mg (20.24%), Magnesium: 79.78mg (19.94%), Calcium: 190.3mg (19.03%), Vitamin C: 15.11mg (18.32%), Vitamin B6: 0.23mg (11.67%), Vitamin B2: 0.18mg (10.78%), Zinc: 1.6mg (10.7%), Selenium: 7.16µg (10.23%), Vitamin E: 1.31mg

(8.7%), Vitamin B3: 1.64mg (8.19%), Vitamin B5: 0.57mg (5.74%)