



HEALTH SCORE

76%

White Bean Salad with Lemon and Cumin



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



272 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 teaspoon ground pepper
- ☐ 14 ounces great northern beans dried
- ☐ 1 teaspoon ground cumin
- ☐ 5 tablespoons juice of lemon fresh
- ☐ 8 large romaine leaves
- ☐ 6 tablespoons olive oil
- ☐ 0.5 cup parsley fresh italian chopped

- ☐ 0.5 large onion red thinly sliced
- ☐ 1.5 teaspoons salt

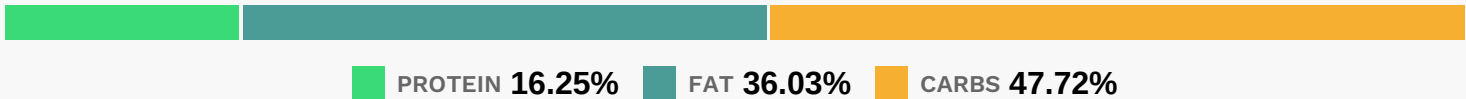
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place beans in large bowl.
- ☐ Add enough cold water to cover by 2 inches.
- ☐ Let beans soak overnight.
- ☐ Drain beans.
- ☐ Place in heavy large saucepan.
- ☐ Add bay leaves and enough cold water to cover by 2 inches; bring to boil. Reduce heat to medium-low and simmer 30 minutes.
- ☐ Add salt and continue to simmer until beans are tender but still hold shape, about 15 minutes longer.
- ☐ Drain beans and place in large bowl; discard bay leaves.
- ☐ Add onion and parsley.
- ☐ Whisk oil, lemon juice, cumin, and cayenne in medium bowl. Season dressing with salt and pepper.
- ☐ Pour over bean salad; toss gently to combine. Do ahead Can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Arrange lettuce leaves on individual plates or on large platter. Spoon bean salad into lettuce and serve.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.19, Inflammation Score:-9, Nutrition Score:21.173913022746%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 272.18kcal (13.61%), Fat: 11.2g (17.24%), Saturated Fat: 1.65g (10.29%), Carbohydrates: 33.39g (11.13%), Net Carbohydrates: 22.79g (8.29%), Sugar: 1.94g (2.15%), Cholesterol: 0mg (0%), Sodium: 452.84mg (19.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.37g (22.73%), Vitamin K: 70.94µg (67.56%), Folate: 257.33µg (64.33%), Vitamin A: 2150.29IU (43.01%), Fiber: 10.6g (42.39%), Manganese: 0.81mg (40.4%), Magnesium: 101.16mg (25.29%), Vitamin B1: 0.36mg (23.91%), Phosphorus: 235.28mg (23.53%), Potassium: 782.46mg (22.36%), Copper: 0.43mg (21.4%), Vitamin C: 16.2mg (19.64%), Iron: 3.43mg (19.07%), Vitamin B6: 0.27mg (13.31%), Vitamin E: 1.78mg (11.88%), Calcium: 105.88mg (10.59%), Selenium: 6.62µg (9.45%), Vitamin B2: 0.15mg (8.86%), Zinc: 1.27mg (8.45%), Vitamin B5: 0.58mg (5.8%), Vitamin B3: 1.15mg (5.77%)