

 food
network

White Bean Salad with Shiitake Mushrooms

 Gluten Free

READY IN



28 min.

SERVINGS



8

CALORIES



257 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons chives chopped
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 1 teaspoon garlic finely chopped
- ☐ 4 tablespoons juice of lemon
- ☐ 3 tablespoons olive oil
- ☐ 8 servings olive oil
- ☐ 0.3 cup parmesan cheese grated

- ☐ 3 plum tomatoes diced finely
- ☐ 8 servings salt and pepper freshly ground
- ☐ 4 shiitake mushroom caps
- ☐ 2 cups heated white canned rinsed cooked drained

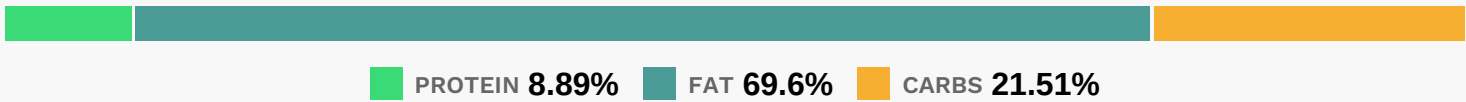
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill.
- ☐ Brush mushrooms with some of the oil and season with salt and pepper to taste. Grill for 3 to 4 minutes per side, remove and slice into 1/4-inch slices.
- ☐ Place the warm beans in a large bowl, add mushrooms, herbs and tomatoes.
- ☐ Whisk together the lemon juice, olive oil and garlic and pour over the beans.
- ☐ Add the cheese and season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.47, Inflammation Score:-9, Nutrition Score:9.4860868752003%

Flavonoids

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: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 3.29mg, Apigenin: 3.29mg, Apigenin: 3.29mg, Apigenin: 3.29mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 256.95kcal (12.85%), Fat: 20.43g (31.43%), Saturated Fat: 3.2g (20.02%), Carbohydrates: 14.21g (4.74%), Net Carbohydrates: 10.58g (3.85%), Sugar: 1.16g (1.29%), Cholesterol: 2.72mg (0.91%), Sodium: 254.51mg (11.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.87g (11.74%), Vitamin K: 42.05µg (40.05%), Vitamin E: 3.36mg (22.4%), Manganese: 0.37mg (18.71%), Fiber: 3.63g (14.51%), Vitamin C: 11.66mg (14.13%), Iron: 2.3mg (12.77%), Folate: 46.59µg (11.65%), Potassium: 364.94mg (10.43%), Vitamin A: 479.66IU (9.59%), Magnesium: 37.81mg (9.45%), Phosphorus: 88.35mg (8.84%), Copper: 0.17mg (8.48%), Calcium: 82mg (8.2%), Zinc: 0.93mg (6.18%), Vitamin B6: 0.1mg (5.02%), Vitamin B1: 0.07mg (4.59%), Vitamin B2: 0.06mg (3.74%), Selenium: 2.15µg (3.07%), Vitamin B3: 0.54mg (2.71%), Vitamin B5: 0.27mg (2.67%)