



## White Bean Salad with Za'atar

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



219 kcal

SIDE DISH

### Ingredients

- 32 ounce great northern beans rinsed drained well canned
- 2 ribs celery minced
- 1 cloves garlic
- 4 spring onion sliced
- 0.5 juice of lemon
- 1 small kohlrabi bulb diced peeled (or other crunchy vegetable, see note)
- 0.5 cup parsley minced
- 1 medium bell pepper red chopped

- 6 servings salt to taste
- 6 ounces silken tofu
- 1 teaspoon paprika smoked
- 1 teaspoon tahini
- 0.1 teaspoon pepper white
- 3 teaspoons sesame seed (or 2 tsp. sumac,)

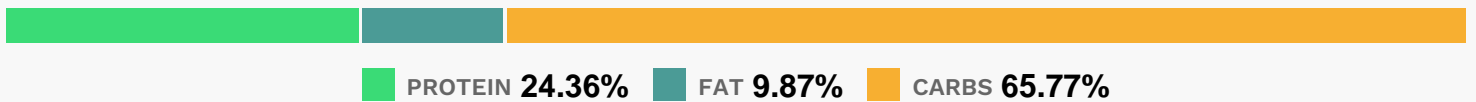
## Equipment

- food processor
- bowl

## Directions

- Place the bell pepper, celery, kohlrabi, green onions, parsley, and all but 1/2 cup of the beans into a large serving bowl.
- Place the remaining ingredients, including the reserved beans and juice of half a lemon, into a food processor, and blend until smooth.
- Add this dressing to the bowl and stir well to coat. Refrigerate until well chilled, at least an hour, but better the next day. Check seasonings and add more salt, lemon juice, and za'tar to taste.
- Serve sprinkled with additional parsley or za'tar.

## Nutrition Facts



## Properties

Glycemic Index:38, Glycemic Load:0.7, Inflammation Score:-9, Nutrition Score:22.358695776566%

## Flavonoids

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: 11.15mg, Apigenin: 11.15mg, Apigenin: 11.15mg, Apigenin: 11.15mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg

0.83mg, Kaempferol: 0.83mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg  
Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

## **Nutrients (% of daily need)**

Calories: 219.11kcal (10.96%), Fat: 2.51g (3.86%), Saturated Fat: 0.45g (2.83%), Carbohydrates: 37.61g (12.54%), Net Carbohydrates: 27.97g (10.17%), Sugar: 2.37g (2.63%), Cholesterol: 0mg (0%), Sodium: 222.54mg (9.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.93g (27.85%), Vitamin K: 103.74µg (98.8%), Vitamin C: 52.59mg (63.75%), Folate: 155.58µg (38.9%), Fiber: 9.64g (38.57%), Manganese: 0.75mg (37.46%), Vitamin A: 1355.83IU (27.12%), Phosphorus: 263.88mg (26.39%), Magnesium: 103.24mg (25.81%), Potassium: 816.28mg (23.32%), Copper: 0.41mg (20.7%), Vitamin B1: 0.3mg (20.21%), Iron: 3.52mg (19.54%), Vitamin B6: 0.3mg (15.08%), Calcium: 127.28mg (12.73%), Selenium: 7.23µg (10.32%), Zinc: 1.43mg (9.52%), Vitamin B2: 0.15mg (8.9%), Vitamin B3: 1.36mg (6.79%), Vitamin B5: 0.6mg (5.98%), Vitamin E: 0.65mg (4.36%)