

Cannellini Bean Salad

Ingredients:

- 1 (14 oz.) can cannellini beans
- ¼ cup fresh dill, chopped
- 1 green onion, sliced
- 2 tbsp. olive oil
- 1 tbsp. fresh lemon juice
- 1 tsp. lemon zest
- 1 garlic clove, pressed
- ¼ tsp. crushed red pepper flakes
- ⅛ tsp. salt
- ¼ tsp. pepper



| Nutrition Facts | |
|--|------------------------------|
| Serving Size 1 cup (227g) | |
| Servings Per Container 2 | |
| <hr/> | |
| Amount Per Serving | |
| Calories 260 | Calories from Fat 90 |
| <hr/> | |
| % Daily Value* | |
| Total Fat 10g | 15% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 650mg | 27% |
| Total Carbohydrate 32g | 11% |
| Dietary Fiber 10g | 40% |
| Sugars 4g | |
| Protein 12g | |
| <hr/> | |
| Vitamin A 6% | • Vitamin C 15% |
| Calcium 10% | • Iron 15% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |



Directions:

1. Drain and rinse the beans. In medium bowl, combine all ingredients. Toss and serve.