

**WHITE BEAN & VEGGIE SALAD**

1 portion

INGREDIENTS

- 2 cups mixed salad greens
- 1/2 cup cherry tomatoes [75 g]
- 1/2 cup slices of cucumber, [52 g]
- 1/3 cups of white beans, canned, drained & rinsed [86 g]
- 1/2 avocado, diced [68 g]
- 2 tsps of olive oil, [9 g]
- 1 tbsp of red wine vinegar [15 g]

COOKING METHOD

1° Combine greens, veggies, beans and avocado in a medium bowl. Drizzle with vinegar and oil and season with salt and pepper. Toss to combine and transfer to a large plate.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [377 g]	% DRI
ENERGY	87 kcal	327 kcal	16 %
FAT	5 g	20 g	31 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	14 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	86 mg	326 mg	14 %
CARBOHYDRATE	8 g	31 g	10 %
SUGARS	1 g	4 g	—
FIBER	3 g	11 g	43 %
PROTEIN	3 g	10 g	—