



TOMATO AND WHITE BEAN SALAD

 10 minutes 10 minutes 3 portions

INGREDIENTS

- 1 cup of beans, small white, mature seeds, cooked, boiled, with salt (179 g)
- 2 large units of tomatoes, standard, raw (300 g)
- 1 medium pear of avocado, Hass, flesh only, weighed with skin and stone (145 g)
- 1 small unit of onions, raw (70 g)
- 1 large sprig of parsley, fresh (1 g)
- 1 clove of garlic, raw (3 g)
- 1 tablespoon of oil, olive, salad or cooking (14 g)
- 1 measure of lemon juice, fresh (10 g)

COOKING METHOD

1° 1. Mix boiled white beans with tomatoes, avocado and onion chopped into small cubes. 2. Prepare salad dressing: squeeze lemon, crush garlic in mortar, place them in small bowl and add olive oil. 3. Add salad dressing to beans and veggies bowl, mix them, season with parsley, salt and black pepper. Bon appetit!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (225 g)	% DRI
ENERGY	81 kcal	184 kcal	9 %
FAT	4 g	9 g	14 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	9 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	61 mg	137 mg	6 %
CARBOHYDRATE	9 g	20 g	7 %
SUGARS	2 g	4 g	-
FIBER	3 g	7 g	29 %
PROTEIN	3 g	6 g	-