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Kale White Bean and Pesto Salad ♦

A refreshing and nutritious salad made with kale, white beans, and pesto. This salad is packed with flavors and is perfect for a light lunch or dinner. It can also be served as a side dish or as a main course for vegetarians.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	kale
200 g	White Beans
100 g	pesto
2 tbsp	Olive oil
2 tbsp	Lemon juice

1 tsp	Salt
1 tsp	Pepper

Directions

Step 1

Cut

Wash and chop the kale into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Rinse and drain the white beans.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the kale, white beans, pesto, olive oil, lemon juice, salt, and pepper. Mix well to coat everything evenly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Serving

Serve the salad chilled and enjoy!

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	10 g	26.32%	40%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	8 mg	53.33%	53.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	20 mg	250%	111.11%
Potassium	500 mg	14.71%	19.23%
Zinc	6 mg	54.55%	75%
Selenium	4 mcg	7.27%	7.27%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving Barbecue Picnic Game Day

Cuisines

Italian Thai Mediterranean

Course

Drinks Salads Snacks Sauces & Dressings

Cultural

Chinese New Year

Diwali

Oktoberfest

Passover

Easter

Halloween

Cost

\$10 to \$20

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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