

French White Bean Salad

Makes 6 servings.

Ingredients

- 2 tablespoons extra virgin olive oil
- 1 clove garlic, pressed
- 3 tablespoon fresh basil
- ¼ teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons lemon juice
- 1 15-oz can white beans, drained
- ¼ cup roasted red peppers, finely diced

Method

Combine all ingredients and chill.

Nutrition Facts			
Serving Size approx 1/3 cup (76g)			
Servings Per Container			
Amount Per Serving			
Calories 100	Calories from Fat 45		
% Daily Value*			
Total Fat 5g			8%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 100mg			4%
Total Carbohydrate 12g			4%
Dietary Fiber 3g			12%
Sugars 1g			
Protein 4g			
Vitamin A 4%	•	Vitamin C 8%	
Calcium 4%	•	Iron 8%	
*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	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			