

Fassolia Piaz (Greek White Beans Salad)

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-style-fish-recipe>

Ingredients:

- 3 3/8 cups beans medium size, white haricot beans, cannellini, or navy beans soaked overnight
- salt
- extra-virgin olive oil
- 2 tomatoes
- parsley
- lemon juice
- 1 onion medium
- freshly ground black pepper
- fresh oregano optional
- 2 cans fish tuna, optional

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 16 grams
3. Fat: 5 grams
4. Fiber: 6 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams
7. Sodium: 210 milligrams
8. Sugar: 7 grams

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