

White Bean Salad (Piyaz)

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-bean-salad-post-dispatch-recipe>

Ingredients:

- 1/2 red onion thinly sliced
- 2 teaspoons ground sumac
- 1/2 teaspoon chile flakes Aleppo
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 3 cups medium tomatoes quartered
- 1 cup flat leaf parsley roughly chopped
- 1 lemon
- 1 tablespoon olive oil
- 15 ounces white beans cooked, drained

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 28 grams
3. Fat: 3.5 grams
4. Fiber: 7 grams
5. Protein: 8 grams
6. Sodium: 310 milligrams
7. Sugar: 1 grams

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