

Turkish White Bean Salad

Yield: 4 min
Total Time: 5 min

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

Ingredients:

- 2 cans white beans drained and rinsed
- 1/2 red onion cut into fine slices
- 1/4 cup chopped parsley
- 1 lemon juiced
- salt to taste
- 1 teaspoon sumac
- 1 teaspoon red chili flakes Aleppo pepper/pul biber
- 1 tablespoon extra virgin olive oil
- lettuce optional
- bell pepper optional
- tomatoes optional

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 6 grams
3. Fat: 3.5 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. Sodium: 210 milligrams
7. Sugar: 2 grams

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