



## Anytime Vegetable Salad

 **Vegetarian**  **Vegan**  **Gluten Free**  **Dairy Free**

READY IN



**35 min.**

SERVINGS



**6**

CALORIES



**160 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.8 teaspoon pepper black freshly ground
- 1.5 cups cherry tomatoes halved
- 2 teaspoons tarragon leaves fresh chopped
- 2 teaspoons thyme leaves fresh chopped
- 8 ounces green beans trimmed thin
- 3 tablespoons olive oil extra-virgin
- 0.3 cup red wine vinegar
- 1 teaspoon salt

- 2 cups edamame soy beans shelled
- 8 ounces turtle beans yellow trimmed

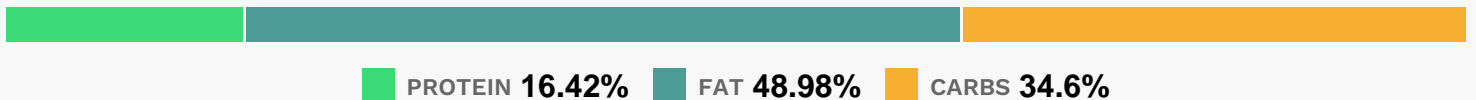
## Equipment

- bowl
- whisk
- pot

## Directions

- Cook the edamame in a large pot of boiling water until crisp-tender, about 3 minutes.
- Drain. Rinse with cold water, then drain well and pat dry. Repeat with the green beans and yellow beans.
- Combine the vegetables in a bowl.
- Add the vinegar, oil, herbs, 1 teaspoon of salt, and 3/4 teaspoon pepper to a glass screw-top jar. Seal the jar and shake vigorously to mix the vinaigrette.
- When you're ready to serve, shake the jar again to re-mix the vinaigrette and pour it over the vegetables. Season with more salt and pepper, if desired.
- Whisk the vinegar, 1 teaspoon of salt, and 3/4 teaspoon of pepper in a large bowl to blend. Gradually whisk in the oil.
- Add all of the beans, tomatoes, basil, and thyme, and toss to coat. Season the salad, to taste, with more salt and pepper, and serve.

## Nutrition Facts



## Properties

Glycemic Index:36.17, Glycemic Load:1.51, Inflammation Score:-8, Nutrition Score:7.9399999328282%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.29mg, Quercetin:

1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

## **Nutrients (% of daily need)**

Calories: 159.7kcal (7.99%), Fat: 8.92g (13.72%), Saturated Fat: 1.01g (6.31%), Carbohydrates: 14.17g (4.72%), Net Carbohydrates: 10.12g (3.68%), Sugar: 3.49g (3.88%), Cholesterol: 0mg (0%), Sodium: 397.94mg (17.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.73g (13.45%), Vitamin C: 22.51mg (27.28%), Vitamin K: 21.92µg (20.88%), Fiber: 4.05g (16.21%), Iron: 2.85mg (15.83%), Folate: 57.28µg (14.32%), Potassium: 495.47mg (14.16%), Manganese: 0.22mg (11.22%), Vitamin A: 504.01IU (10.08%), Vitamin E: 1.37mg (9.16%), Calcium: 88.27mg (8.83%), Magnesium: 27.36mg (6.84%), Vitamin B6: 0.1mg (5.09%), Copper: 0.09mg (4.68%), Phosphorus: 43.41mg (4.34%), Vitamin B2: 0.06mg (3.53%), Vitamin B1: 0.05mg (3.11%), Vitamin B3: 0.55mg (2.75%), Zinc: 0.34mg (2.27%), Vitamin B5: 0.14mg (1.39%)