



Arugula and Green Bean Salad with Walnut Oil Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 8 cups arugula
- ☐ 1 pound green beans trimmed
- ☐ 3 hardboiled eggs peeled coarsely chopped
- ☐ 0.3 cup walnut oil
- ☐ 1 large shallots chopped
- ☐ 1 tablespoon citrus champagne vinegar

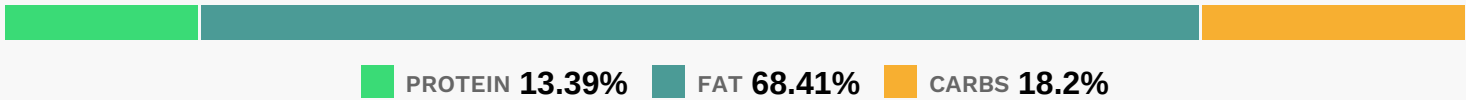
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Whisk first 3 ingredients in small bowl. Season dressing with salt and pepper.
- ☐ Cook green beans in large pot of boiling salted water until crisp-tender, about 6 minutes.
- ☐ Drain. Refresh under cold running water.
- ☐ Drain well.
- ☐ Transfer to large bowl.
- ☐ Add arugula and half of eggs.
- ☐ Drizzle with dressing; toss to coat. Top with remaining eggs.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:1.83, Inflammation Score:-8, Nutrition Score:11.126956504324%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 9.64mg, Kaempferol: 9.64mg, Kaempferol: 9.64mg, Kaempferol: 9.64mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 152.62kcal (7.63%), Fat: 12.08g (18.59%), Saturated Fat: 1.7g (10.65%), Carbohydrates: 7.23g (2.41%), Net Carbohydrates: 4.63g (1.68%), Sugar: 3.62g (4.02%), Cholesterol: 93.25mg (31.08%), Sodium: 43.44mg (1.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.64%), Vitamin K: 63.04µg (60.04%), Vitamin A: 1284.6IU (25.69%), Vitamin C: 13.57mg (16.45%), Folate: 63.23µg (15.81%), Vitamin B2: 0.23mg (13.57%), Manganese: 0.27mg (13.44%), Selenium: 8.28µg (11.83%), Fiber: 2.6g (10.4%), Phosphorus: 88.29mg (8.83%), Magnesium: 34.91mg (8.73%), Potassium: 304.3mg (8.69%), Vitamin B6: 0.17mg (8.53%), Calcium: 84.83mg (8.48%), Iron: 1.53mg (8.48%), Vitamin B5: 0.65mg (6.48%), Vitamin B1: 0.09mg (6.18%), Vitamin E: 0.72mg (4.8%), Vitamin B12: 0.28µg (4.63%), Copper: 0.08mg (3.98%), Zinc: 0.59mg (3.91%), Vitamin D: 0.55µg (3.67%), Vitamin B3: 0.66mg

(3.3%)