



Balsamic Green Bean Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



82 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 3 tablespoons balsamic vinegar
- ☐ 1 pound green beans fresh
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon pinenuts toasted
- ☐ 0.5 cup tomatoes diced

☐ 0.5 cup water

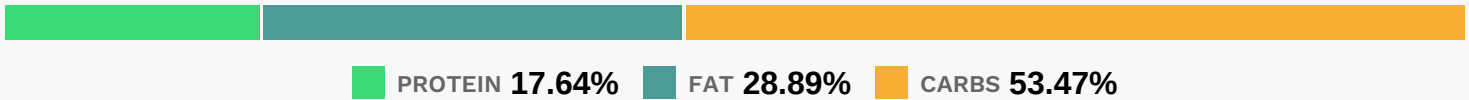
Equipment

- ☐ bowl
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Wash beans; trim ends, and remove strings.
- ☐ Place 1/2 cup water in a large Dutch oven; bring to a boil.
- ☐ Add green beans; cover, reduce heat, and simmer 10 minutes or until crisp-tender. Plunge beans immediately into ice water for 5 minutes; drain.
- ☐ Place beans in a large bowl.
- ☐ Add tomato; toss well.
- ☐ Combine vinegar and next 4 ingredients in a small bowl, stirring well.
- ☐ Pour vinegar mixture over vegetable mixture; toss gently. Cover and marinate in refrigerator at least 3 hours, stirring occasionally.
- ☐ Sprinkle with pine nuts just before serving.
- ☐ Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:3.59, Inflammation Score:-7, Nutrition Score:10.594782673794%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 82.11kcal (4.11%), Fat: 2.85g (4.39%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 11.89g (3.96%), Net Carbohydrates: 8.44g (3.07%), Sugar: 6.09g (6.76%), Cholesterol: 3.45mg (1.15%), Sodium: 111.1mg (4.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Vitamin K: 52.03µg (49.56%), Manganese: 0.55mg (27.33%), Vitamin C: 16.87mg (20.45%), Vitamin A: 961.36IU (19.23%), Fiber: 3.44g (13.76%), Folate: 41.48µg (10.37%), Magnesium: 40.91mg (10.23%), Vitamin B6: 0.2mg (10.06%), Potassium: 332.21mg (9.49%), Iron: 1.56mg (8.67%), Phosphorus: 86.34mg (8.63%), Vitamin B2: 0.14mg (8.42%), Calcium: 77.2mg (7.72%), Vitamin B1: 0.11mg (7.6%), Copper: 0.14mg (7.12%), Vitamin B3: 1.37mg (6.83%), Vitamin E: 0.86mg (5.76%), Zinc: 0.64mg (4.28%), Selenium: 2.81µg (4.02%), Vitamin B5: 0.31mg (3.12%)