



 **27%**
HEALTH SCORE

Balsamic Green Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



178 kcal

SIDE DISH

Ingredients

- 0.3 cup balsamic vinegar
- 1 pound green beans fresh trimmed
- 2 tablespoons garlic chopped
- 0.3 cup olive oil
- 2 tablespoons shallots chopped

Equipment

- bowl
- sauce pan

Directions

- Place green beans in a large saucepan. Fill with enough water to cover green beans, and bring to a boil over high heat. Reduce heat to medium low, and simmer 10 minutes.
- Drain, and let cool.
- In a bowl, stir together shallots, garlic, balsamic vinegar, and oil.
- Pour over green beans. Cover, and refrigerate at least 1 hour.
- Serve cold.

Nutrition Facts

PROTEIN 5.47% **FAT 66.93%** **CARBS 27.6%**

Properties

Glycemic Index:39, Glycemic Load:4.16, Inflammation Score:-6, Nutrition Score:9.6886956847232%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 178.08kcal (8.9%), Fat: 13.77g (21.19%), Saturated Fat: 1.92g (12.03%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 9.48g (3.45%), Sugar: 6.51g (7.24%), Cholesterol: 0mg (0%), Sodium: 12.02mg (0.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.07%), Vitamin K: 57µg (54.28%), Vitamin C: 15.48mg (18.77%), Manganese: 0.35mg (17.36%), Vitamin E: 2.41mg (16.09%), Vitamin A: 783.01IU (15.66%), Fiber: 3.31g (13.22%), Vitamin B6: 0.23mg (11.34%), Folate: 39.24µg (9.81%), Potassium: 289.99mg (8.29%), Iron: 1.49mg (8.26%), Magnesium: 32.31mg (8.08%), Vitamin B2: 0.12mg (7.25%), Vitamin B1: 0.1mg (6.93%), Calcium: 55.49mg (5.55%), Phosphorus: 55.24mg (5.52%), Copper: 0.1mg (4.94%), Vitamin B3: 0.87mg (4.35%), Vitamin B5: 0.29mg (2.93%), Zinc: 0.35mg (2.34%), Selenium: 1.31µg (1.87%)