



Basil Green Bean Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

SIDE DISH

Ingredients

- 0.3 cup basil fresh minced
- 1 pound green beans fresh
- 8 sun-dried tomatoes in olive oil drained cut into strips
- 0.5 cup parmesan cheese freshly grated
- 0.5 cup purple onion diced
- 1 teaspoon sugar
- 0.3 cup vegetable oil
- 0.5 cup water

0.5 cup citrus champagne vinegar

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 and onion; toss well.
- Combine vinegar and next 3 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 cheese just before serving.
- Serve with a slotted spoon.

Nutrition Facts

 **PROTEIN 9.33%**  **FAT 69.99%**  **CARBS 20.68%**

Properties

Glycemic Index:60.77, Glycemic Load:3.87, Inflammation Score:-7, Nutrition Score:13.824782512758%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg

Nutrients (% of daily need)

Calories: 276.56kcal (13.83%), Fat: 22.07g (33.95%), Saturated Fat: 4.79g (29.94%), Carbohydrates: 14.67g (4.89%), Net Carbohydrates: 10.75g (3.91%), Sugar: 7.06g (7.84%), Cholesterol: 10.88mg (3.63%), Sodium: 234.57mg (10.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.62g (13.24%), Vitamin K: 90.41µg (86.1%), Vitamin C: 17.3mg (20.97%), Vitamin A: 1005.06IU (20.1%), Manganese: 0.39mg (19.31%), Calcium: 166.8mg (16.68%), Fiber: 3.92g (15.67%), Phosphorus: 145.61mg (14.56%), Vitamin E: 2.03mg (13.54%), Potassium: 444.77mg (12.71%), Folate: 45.71µg (11.43%), Magnesium: 44.94mg (11.23%), Vitamin B2: 0.19mg (11.02%), Vitamin B6: 0.21mg (10.48%), Iron: 1.82mg (10.09%), Vitamin B1: 0.13mg (8.48%), Copper: 0.16mg (8.07%), Selenium: 5.39µg (7.69%), Zinc: 0.95mg (6.34%), Vitamin B3: 1.24mg (6.2%), Vitamin B5: 0.41mg (4.07%), Vitamin B12: 0.17µg (2.81%)