



## Beans with Tarragon Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



117 kcal

SIDE DISH

### Ingredients

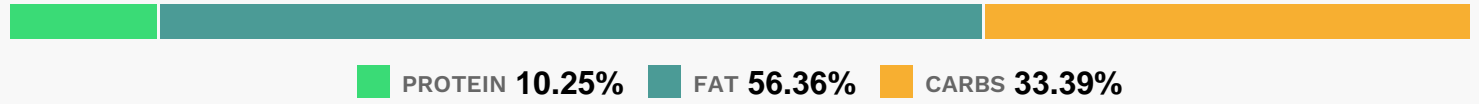
- 1 tablespoon dijon mustard
- 1 tablespoon tarragon leaves dried fresh minced
- 1 pound beans fresh cold cooked
- 2 tablespoons olive oil
- 0.3 cup rice vinegar
- 4 servings salt and pepper
- 2 tablespoons shallots finely chopped

### Equipment

## Directions

- Mix rice vinegar, olive oil, shallot, Dijon mustard, and tarragon.
- Combine the tarragon vinaigrette with beans.
- Mix beans and dressing; add salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:51.5, Glycemic Load:2.27, Inflammation Score:-5, Nutrition Score:6.580434853616%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 116.62kcal (5.83%), Fat: 7.49g (11.52%), Saturated Fat: 1.01g (6.31%), Carbohydrates: 9.98g (3.33%), Net Carbohydrates: 7.82g (2.84%), Sugar: 0.45g (0.5%), Cholesterol: 0mg (0%), Sodium: 243.99mg (10.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.13%), Vitamin C: 25.1mg (30.43%), Folate: 120.16µg (30.04%), Iron: 1.98mg (10.99%), Magnesium: 39.7mg (9.93%), Manganese: 0.18mg (8.95%), Potassium: 312.61mg (8.93%), Fiber: 2.15g (8.61%), Calcium: 76.32mg (7.63%), Vitamin E: 1.02mg (6.82%), Phosphorus: 56.26mg (5.63%), Copper: 0.1mg (4.98%), Vitamin K: 4.31µg (4.11%), Zinc: 0.57mg (3.79%), Vitamin B6: 0.06mg (3.1%), Selenium: 1.49µg (2.13%), Vitamin B2: 0.03mg (1.58%), Vitamin A: 76.36IU (1.53%)