



## Blue Cheese-Green Bean Potato Salad

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



38 kcal

SIDE DISH

### Ingredients

- 0.3 cup cheese blue crumbled
- 10 ounce cut green beans frozen
- 0.1 teaspoon pepper
- 1 pound round potatoes red
- 0.3 cup red wine vinegar
- 0.3 teaspoon salt
- 2 teaspoons sugar
- 2 slices at least of turkey bacon crumbled cooked

2 teaspoons vegetable oil

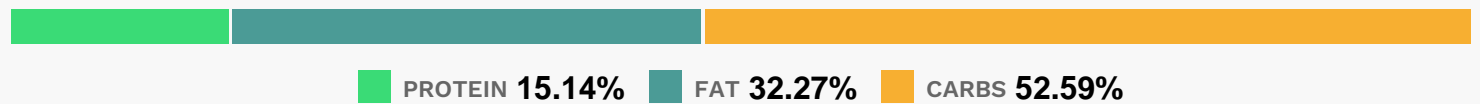
## Equipment

bowl

## Directions

- Cut each potato into 8 pieces. Cook potato in boiling water to cover 10 minutes.
- Add beans, and cook 5 additional minutes or until potato is tender.
- Drain well, and place in a large bowl.
- Combine vinegar and next 4 ingredients in a small bowl, stirring well.
- Pour vinegar mixture over potato mixture; toss lightly. Top with blue cheese and bacon.

## Nutrition Facts



## Properties

Glycemic Index:8.75, Glycemic Load:0.57, Inflammation Score:-1, Nutrition Score:2.3017391290354%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Nutrients (% of daily need)

Calories: 37.88kcal (1.89%), Fat: 1.39g (2.14%), Saturated Fat: 0.52g (3.22%), Carbohydrates: 5.09g (1.7%), Net Carbohydrates: 4.32g (1.57%), Sugar: 1.16g (1.29%), Cholesterol: 2.64mg (0.88%), Sodium: 85.72mg (3.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.93%), Vitamin K: 7.74µg (7.37%), Vitamin C: 3.7mg (4.48%), Potassium: 144.68mg (4.13%), Manganese: 0.07mg (3.31%), Vitamin B6: 0.07mg (3.29%), Phosphorus: 32.53mg (3.25%), Fiber: 0.77g (3.09%), Magnesium: 9.51mg (2.38%), Folate: 9.5µg (2.37%), Vitamin A: 112.34IU (2.25%), Copper: 0.04mg (2.18%), Vitamin B3: 0.43mg (2.16%), Vitamin B1: 0.03mg (2.09%), Iron: 0.37mg (2.03%), Vitamin B2: 0.03mg (1.86%), Calcium: 16.86mg (1.69%), Zinc: 0.2mg (1.32%), Vitamin B5: 0.12mg (1.25%), Selenium: 0.81µg (1.15%)