

Cargamanto and Green-Bean Salad with Chimichurri Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



75 kcal

SIDE DISH

Ingredients

- 3 celery stalks sliced
- 0.3 cup flat parsley coarsely chopped
- 4 garlic clove
- 0.8 pound green beans cut into 2-inch pieces
- 0.3 cup juice of lemon fresh
- 1.3 cups turtle beans dried white red picked over rinsed
- 0.5 cup olive oil extra virgin extra-virgin

Equipment

- bowl
- whisk
- pot

Directions

- Cover cargamanto beans with water by 2 inches in a medium pot. Bring to a boil, then boil 1 minute.
- Remove from heat and cover, then soak 1 hour.
- Drain, discarding water.
- Return drained cargamanto beans to pot and add 8 cups water and 1/2 teaspoon salt. Bring to a boil, then simmer beans, partially covered, until tender, 1 1/4 to 1 1/2 hours.
- Mince and mash garlic to a paste with 1/2 teaspoon salt, then whisk together with lemon juice and oil in a large bowl.
- Drain cargamanto beans well and add to dressing while still hot, tossing to coat. Cool to room temperature, stirring occasionally, about 20 minutes.
- Cook green beans in a large pot of boiling salted water (2 tablespoons salt for 6 quarts water) until just tender, 4 to 6 minutes.
- Drain, then plunge into an ice bath to stop cooking.
- Drain beans and pat dry, then stir into cargamanto beans with celery and parsley. Season with salt and pepper and serve at room temperature.
- Dried cargamanto beans are available at Latino markets and some supermarkets. Instead of using the quick-soak method, you can soak dried beans (without heating) overnight. · Bean salad is best eaten the day it is made.

Nutrition Facts

 PROTEIN 11.54%  FAT 42.87%  CARBS 45.59%

Properties

Glycemic Index:27.33, Glycemic Load:2, Inflammation Score:-7, Nutrition Score:9.8543479727662%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 7.26mg, Apigenin: 7.26mg, Apigenin: 7.26mg, Apigenin: 7.26mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 74.59kcal (3.73%), Fat: 3.9g (5.99%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 9.32g (3.11%), Net Carbohydrates: 6.82g (2.48%), Sugar: 2.27g (2.52%), Cholesterol: 0mg (0%), Sodium: 10.37mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.72%), Vitamin K: 81.83µg (77.94%), Vitamin C: 27.63mg (33.49%), Folate: 76.56µg (19.14%), Vitamin A: 682IU (13.64%), Fiber: 2.49g (9.98%), Manganese: 0.16mg (8.25%), Iron: 1.4mg (7.79%), Magnesium: 30.68mg (7.67%), Potassium: 268.33mg (7.67%), Vitamin B6: 0.12mg (5.77%), Vitamin E: 0.8mg (5.35%), Calcium: 53.03mg (5.3%), Phosphorus: 46.83mg (4.68%), Copper: 0.09mg (4.37%), Vitamin B2: 0.07mg (3.98%), Vitamin B1: 0.06mg (3.8%), Zinc: 0.4mg (2.68%), Vitamin B3: 0.49mg (2.46%), Vitamin B5: 0.18mg (1.76%)