



Chilled Green Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



70 kcal

SIDE DISH

Ingredients

- 1 cup cucumber thinly sliced (1 small)
- 1 tablespoon parsley flakes dried
- 9 ounce green beans frozen french-style
- 0.3 cup dressing fat-free italian
- 0.3 cup bell pepper sweet red finely chopped
- 1 cup tomatoes finely chopped (1 medium)

Equipment

- bowl

Directions

- Cook green beans according to package directions, omitting salt; drain.
- Place beans in a large bowl.
- Add tomato and remaining ingredients; toss gently. Cover and chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:1.86, Inflammation Score:-8, Nutrition Score:9.3760869969492%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 70.41kcal (3.52%), Fat: 3.43g (5.28%), Saturated Fat: 0.49g (3.09%), Carbohydrates: 9.39g (3.13%), Net Carbohydrates: 6.6g (2.4%), Sugar: 5.66g (6.29%), Cholesterol: 0mg (0%), Sodium: 154.96mg (6.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Vitamin K: 48.4µg (46.09%), Vitamin C: 30.53mg (37%), Vitamin A: 1178.11IU (23.56%), Manganese: 0.27mg (13.6%), Fiber: 2.8g (11.18%), Folate: 37.9µg (9.48%), Vitamin B6: 0.19mg (9.34%), Potassium: 320.04mg (9.14%), Magnesium: 28.26mg (7.06%), Vitamin E: 1.04mg (6.9%), Vitamin B2: 0.1mg (6.13%), Vitamin B1: 0.09mg (5.8%), Iron: 1.03mg (5.74%), Copper: 0.1mg (4.92%), Phosphorus: 47.77mg (4.78%), Vitamin B3: 0.89mg (4.46%), Calcium: 40.46mg (4.05%), Vitamin B5: 0.3mg (3.01%), Zinc: 0.34mg (2.28%), Selenium: 0.79µg (1.13%)