



Chino Farms Mixed Bean Salad with Mint Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



101 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons champagne vinegar
- ☐ 2 tablespoons mint leaves fresh minced
- ☐ 1 pound beans mixed yellow such as wax, haricots verts, trimmed
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 onion paper thin red sliced
- ☐ 6 servings salt and pepper white freshly ground to taste

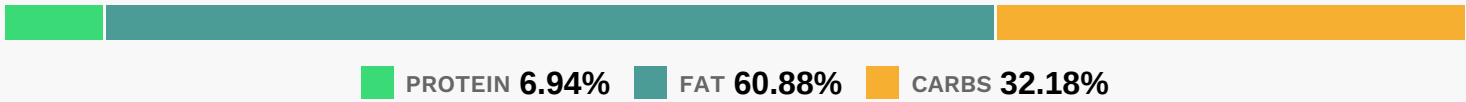
Equipment

☐ pot

Directions

- ☐ Bring a large pot of water to a rapid boil and salt it well. Prepare an ice water bath.
- ☐ Add just enough beans to the water to maintain a boil. Blanch for 1 minute and add to ice bath. Do this in batches until you are done with all the beans.
- ☐ Drain the beans well and put in a serving dish.
- ☐ Combine onion, mint, champagne vinegar, and olive oil. Season with salt and pepper. Toss to combine and pour over the beans and toss again and serve.

Nutrition Facts



Properties

Glycemic Index:12.17, Glycemic Load:1.86, Inflammation Score:-6, Nutrition Score:6.9321739725445%

Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 100.69kcal (5.03%), Fat: 7.24g (11.14%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 8.62g (2.87%), Net Carbohydrates: 5.61g (2.04%), Sugar: 3.24g (3.6%), Cholesterol: 0mg (0%), Sodium: 6.43mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.72%), Vitamin K: 36.79µg (35.04%), Manganese: 0.29mg (14.74%), Vitamin C: 11.55mg (14.01%), Fiber: 3.01g (12.04%), Vitamin A: 592.8IU (11.86%), Vitamin E: 1.32mg (8.81%), Folate: 30.53µg (7.63%), Iron: 1.25mg (6.94%), Vitamin B6: 0.13mg (6.64%), Magnesium: 24.07mg (6.02%), Potassium: 199.24mg (5.69%), Vitamin B2: 0.09mg (5.33%), Vitamin B1: 0.07mg (4.82%), Calcium: 41.91mg (4.19%), Copper: 0.08mg (4.17%), Phosphorus: 39.18mg (3.92%), Vitamin B3: 0.61mg (3.04%), Vitamin B5: 0.2mg (1.98%), Zinc: 0.26mg (1.7%)