



Cold Green Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



175 kcal

SIDE DISH

Ingredients



30 ounce green beans drained canned



1 onion red sliced in rings



16 ounce salad dressing italian-style

Equipment

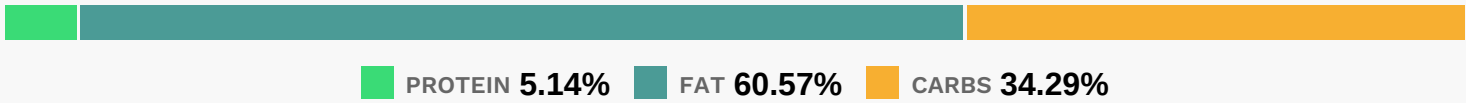


plastic wrap

Directions

Place beans in a serving dish. Toss with onions and salad dressing. Cover with plastic wrap, and chill for 1 hour.

Nutrition Facts



Properties

Glycemic Index:9.13, Glycemic Load:2.37, Inflammation Score:-6, Nutrition Score:9.8165217482525%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 174.53kcal (8.73%), Fat: 12.21g (18.79%), Saturated Fat: 1.73g (10.82%), Carbohydrates: 15.55g (5.18%), Net Carbohydrates: 12.45g (4.53%), Sugar: 10.17g (11.3%), Cholesterol: 0mg (0%), Sodium: 569.95mg (24.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.66%), Vitamin K: 77.52µg (73.83%), Vitamin C: 14.21mg (17.23%), Vitamin A: 754.23IU (15.08%), Manganese: 0.26mg (13.25%), Fiber: 3.1g (12.42%), Vitamin E: 1.68mg (11.2%), Vitamin B6: 0.2mg (10.13%), Folate: 37.69µg (9.42%), Potassium: 292.02mg (8.34%), Magnesium: 30.79mg (7.7%), Iron: 1.27mg (7.06%), Vitamin B1: 0.1mg (6.99%), Vitamin B2: 0.11mg (6.72%), Phosphorus: 52.89mg (5.29%), Calcium: 49.87mg (4.99%), Copper: 0.09mg (4.47%), Vitamin B3: 0.87mg (4.35%), Selenium: 1.84µg (2.63%), Vitamin B5: 0.26mg (2.56%), Zinc: 0.32mg (2.12%)