



Dinner Tonight: Healthy and Delicious Green Bean and Radish Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



364 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cloves garlic chopped
- ☐ 1 pound green beans
- ☐ 1 tablespoon honey
- ☐ 0.3 cup olive oil
- ☐ 0.5 pound radishes quartered
- ☐ 0.3 teaspoon pepper red
- ☐ 2 servings salt and pepper

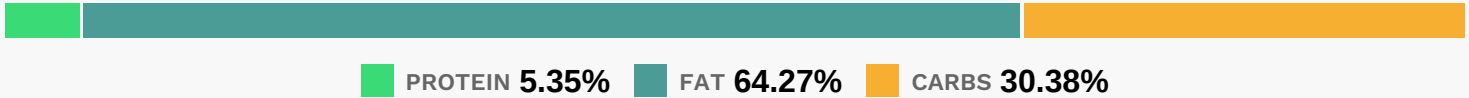
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a pot of salted water to a boil. When bubbling toss in the green beans for 3 to 4 minutes.
- ☐ Remove and place in ice water to quickly cool.
- ☐ Drain thoroughly.
- ☐ Pour the oil into a skillet and turn the heat to medium. When hot, dump in the radishes, green beans, garlic, and chili flakes. Cook for 5 minutes or until the vegetables have softened.
- ☐ Add the honey and stir to coat the vegetables. Cook for 2 to 3 minutes. They should just start to caramelize.
- ☐ Transfer to a large bowl and then season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:80.14, Glycemic Load:9.9, Inflammation Score:-9, Nutrition Score:20.947391333787%

Flavonoids

Pelargonidin: 71.59mg, Pelargonidin: 71.59mg, Pelargonidin: 71.59mg, Pelargonidin: 71.59mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 364.23kcal (18.21%), Fat: 27.66g (42.56%), Saturated Fat: 3.88g (24.28%), Carbohydrates: 29.43g (9.81%), Net Carbohydrates: 21.32g (7.75%), Sugar: 18.17g (20.19%), Cholesterol: 0mg (0%), Sodium: 257.19mg (11.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.35%), Vitamin K: 115.57µg (110.06%), Vitamin C: 45.44mg (55.08%), Vitamin A: 1647.23IU (32.94%), Vitamin E: 4.92mg (32.77%), Fiber: 8.11g (32.44%), Manganese:

0.63mg (31.57%), Folate: 103.56µg (25.89%), Vitamin B6: 0.45mg (22.26%), Potassium: 765.43mg (21.87%),
Magnesium: 69.38mg (17.34%), Vitamin B2: 0.29mg (17.04%), Iron: 3.01mg (16.74%), Vitamin B1: 0.21mg (13.75%),
Calcium: 119.54mg (11.95%), Phosphorus: 114.62mg (11.46%), Copper: 0.23mg (11.43%), Vitamin B3: 2.02mg (10.08%),
Vitamin B5: 0.72mg (7.25%), Zinc: 0.93mg (6.21%), Selenium: 2.6µg (3.72%)