



Finger Food



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



93 kcal

SIDE DISH

Ingredients

- ☐ 2 oz almonds lightly toasted sliced
- ☐ 12 small carrots
- ☐ 2 Tbsp cream cheese softened
- ☐ 0.5 pound green beans

Equipment

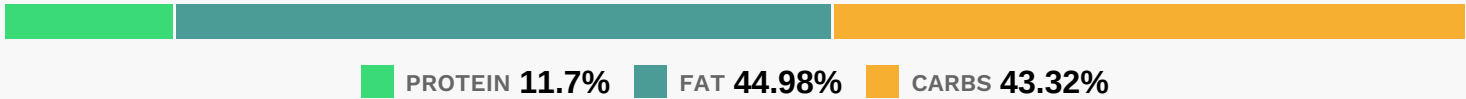
- ☐ bowl
- ☐ paper towels
- ☐ pot

- ☐ ziploc bags
- ☐ slotted spoon

Directions

- ☐ Pick over almonds, selecting only whole, fingernail-shape pieces; set aside. (Reserve broken pieces for another use.)
- ☐ Fill a large bowl with ice water; set aside. Bring a large pot of salted water to a boil. Trim ends of beans and blanch for 15 to 20 seconds, until they turn bright green. Using a slotted spoon, transfer beans to ice water. When cool, remove, pat dry and set aside.
- ☐ Peel carrots and halve lengthwise. Trim wider ends to roughly match length of beans. (Recipe can be prepared to this point up to 1 day ahead; wrap vegetables in damp paper towels and refrigerate in a sealed plastic bag.)
- ☐ Affix an almond "fingernail" to pointed ends of carrots and beans using a dab of cream cheese. Arrange in bunches of 5 "fingers" on a large platter.
- ☐ Serve with a bowl of sea salt or blue-cheese dip (see "Stake-in-the-Heart Salad With Blue-Cheese Goo," below).

Nutrition Facts



Properties

Glycemic Index:16.23, Glycemic Load:3.06, Inflammation Score:-10, Nutrition Score:11.540869655816%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 93.26kcal (4.66%), Fat: 5.03g (7.73%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 10.89g (3.63%), Net Carbohydrates: 7.14g (2.6%), Sugar: 4.92g (5.47%), Cholesterol: 3.66mg (1.22%), Sodium: 64.9mg (2.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Vitamin A: 12773.87IU (255.48%), Vitamin K: 22.17µg (21.11%), Manganese: 0.33mg (16.54%), Vitamin E: 2.46mg (16.38%), Fiber: 3.75g (15.01%), Potassium: 356.55mg (10.19%), Vitamin C: 7.88mg (9.56%), Vitamin B2: 0.16mg (9.54%), Magnesium: 35.55mg (8.89%), Vitamin B6: 0.16mg (7.76%), Phosphorus: 74.99mg (7.5%), Folate: 27.05µg (6.76%), Copper: 0.13mg (6.35%), Vitamin B3: 1.21mg (6.03%), Vitamin B1: 0.09mg (5.87%), Calcium: 57.82mg (5.78%), Iron: 0.78mg (4.36%), Zinc: 0.49mg (3.25%), Vitamin B5: 0.32mg (3.22%), Selenium: 0.85µg (1.21%)