



French String Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



71 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons dijon mustard
- ☐ 2 tablespoons optional: dill fresh minced
- ☐ 6 servings kosher salt
- ☐ 0.5 cup olive oil good
- ☐ 1.5 pounds string beans french ends trimmed
- ☐ 2 tablespoons citrus champagne vinegar

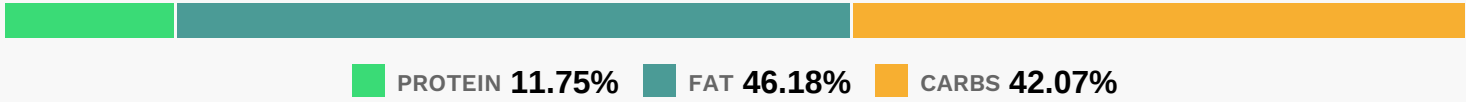
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ pot

Directions

- ☐ Fill a large bowl with ice water. Bring a large pot of water to a boil and add 1 tablespoon of salt.
- ☐ Add the beans and cook for 1 minute only. Time it carefully! You want the beans to be crisp-tender.
- ☐ Drain the beans and put them in the ice water until completely cool.
- ☐ Drain the beans again, dry on paper towels, and place them in a large bowl.
- ☐ In a small bowl, whisk together the mustard, vinegar, 1/2 teaspoon salt, and the pepper. While whisking, slowly add the olive oil to make an emulsion.
- ☐ Pour enough dressing over the beans to moisten them well, reserving the rest for another use. Toss with the dill, season to taste, and serve at room temperature. (If the beans aren't served immediately, refrigerate them and add a little extra vinaigrette and a sprinkle of salt before serving.)

Nutrition Facts



Properties

Glycemic Index:20.83, Glycemic Load:2.25, Inflammation Score:-6, Nutrition Score:8.5073912869329%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 71.24kcal (3.56%), Fat: 4.02g (6.19%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 8.24g (2.75%), Net Carbohydrates: 4.94g (1.8%), Sugar: 3.77g (4.19%), Cholesterol: 0mg (0%), Sodium: 256.16mg (11.14%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 2.3g (4.61%), Vitamin K: 51.14µg (48.7%), Vitamin C: 13.99mg (16.96%), Vitamin A: 796.74IU (15.93%), Manganese: 0.28mg (14.05%), Fiber: 3.3g (13.2%), Folate: 37.99µg (9.5%), Vitamin B6: 0.16mg (8.19%), Magnesium: 31.17mg (7.79%), Iron: 1.31mg (7.27%), Potassium: 250.89mg (7.17%), Vitamin B2: 0.12mg (7.16%), Vitamin B1: 0.1mg (6.84%), Vitamin E: 1mg (6.68%), Phosphorus: 49.11mg (4.91%), Calcium: 46.21mg (4.62%), Vitamin B3: 0.86mg (4.32%), Copper: 0.08mg (4.19%), Selenium: 2.38µg (3.41%), Vitamin B5: 0.27mg (2.72%), Zinc: 0.31mg (2.06%)