



Fresh Green Bean and Tomato Salad with Creamy Garlic Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



196 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 pounds green beans fresh
- 3 cloves garlic cut into pieces
- 0.5 pint grape tomatoes yellow washed and cut in half
- 0.1 teaspoon pepper black
- 2 tablespoons olive oil
- 2 tablespoons pecans toasted chopped for garnish (substitute almonds or pine nuts if you'd prefer)
- 2 tablespoons red wine vinegar

- 1 teaspoon salt
- 1 shallots
- 0.3 cup spicy brown mustard

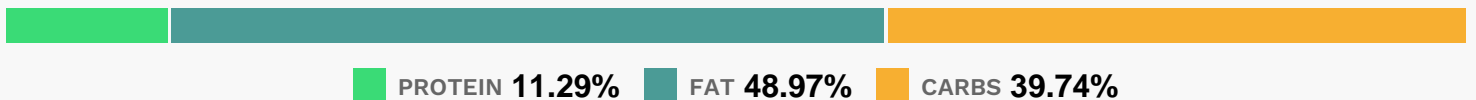
Equipment

- bowl
- blender

Directions

- For the dressing
- Add all the ingredients to a blender and pulse until smooth. Taste the dressing and season, as needed.Refrigerate for at least 30 minutes.For the salad
- Refrigerate the clean tomatoes until ready to assemble the salad.Blanch the green beans in boiling water for about three minutes.
- Drain them and immediately place them in ice water. Once cold, drain and refrigerate until ready to assemble the salad.When ready to serve, add the green beans and tomatoes to a large bowl.
- Drizzle the chilled dressing over the salad and toss to coat.
- Serve on individual plates and garnish with the toasted pecans.
- Add more dressing as desired

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:5.6, Inflammation Score:-9, Nutrition Score:21.299130434783%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin

3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg

Nutrients (% of daily need)

Calories: 196.31kcal (9.82%), Fat: 11.76g (18.1%), Saturated Fat: 1.45g (9.05%), Carbohydrates: 21.48g (7.16%), Net Carbohydrates: 13.24g (4.81%), Sugar: 9.88g (10.98%), Cholesterol: 0mg (0%), Sodium: 771.01mg (33.52%), Protein: 6.1g (12.2%), Vitamin K: 107.01µg (101.91%), Manganese: 0.92mg (45.8%), Vitamin C: 37.13mg (45%), Vitamin A: 2072.23IU (41.44%), Fiber: 8.25g (32.98%), Folate: 88.11µg (22.03%), Vitamin B6: 0.44mg (21.9%), Potassium: 696.41mg (19.9%), Magnesium: 79.02mg (19.76%), Vitamin B1: 0.28mg (18.57%), Iron: 3.07mg (17.04%), Vitamin E: 2.39mg (15.91%), Vitamin B2: 0.27mg (15.75%), Phosphorus: 138.93mg (13.89%), Copper: 0.28mg (13.86%), Calcium: 110.68mg (11.07%), Vitamin B3: 2.19mg (10.95%), Selenium: 7.24µg (10.34%), Vitamin B5: 0.69mg (6.85%), Zinc: 1.03mg (6.84%)