



Garden Bean and Onion Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



117 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 lb green beans fresh trimmed
- 0.5 lb turtle beans fresh yellow trimmed
- 0.5 cup onion red finely chopped
- 0.3 cup olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon sugar
- 2 teaspoons dijon mustard
- 0.5 teaspoon salt

0.5 teaspoon pepper black

Equipment

bowl

microwave

Directions

If desired, cut beans in half crosswise.

Place beans in 2-quart microwave-safe bowl.

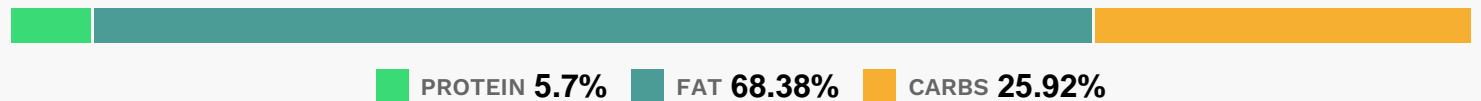
Add 1/2 cup water; cover with microwave-safe waxed paper. Microwave on High for 10 to 12 minutes or until crisp-tender.

Drain. Rinse with cold water to cool; drain well.

Meanwhile, in medium bowl, combine all dressing ingredients; mix well.

Add beans and onion to dressing; toss to coat. Cover; refrigerate at least 1 hour before serving to blend flavors.

Nutrition Facts



Properties

Glycemic Index:46.85, Glycemic Load:2.24, Inflammation Score:-4, Nutrition Score:5.2591304157091%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 116.57kcal (5.83%), Fat: 9.24g (14.21%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 7.88g (2.63%), Net Carbohydrates: 5.95g (2.16%), Sugar: 2.89g (3.21%), Cholesterol: 0mg (0%), Sodium: 218.03mg (9.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.47%), Vitamin K: 22.02µg (20.97%), Vitamin C: 13.54mg (16.42%), Folate: 52.95µg (13.24%), Vitamin E: 1.46mg (9.74%), Fiber: 1.93g (7.71%), Manganese: 0.13mg (6.55%), Magnesium:

22.4mg (5.6%), Potassium: 186.07mg (5.32%), Iron: 0.95mg (5.26%), Vitamin A: 263.18IU (5.26%), Calcium: 36.79mg (3.68%), Vitamin B6: 0.07mg (3.55%), Phosphorus: 35.16mg (3.52%), Copper: 0.06mg (3.1%), Vitamin B1: 0.04mg (2.7%), Vitamin B2: 0.04mg (2.61%), Zinc: 0.28mg (1.87%), Vitamin B3: 0.3mg (1.52%), Selenium: 0.87µg (1.25%), Vitamin B5: 0.11mg (1.09%)