



Garden-Fresh New Potato & Bean Salad

 Vegetarian  Gluten Free

READY IN



37 min.

SERVINGS



12

CALORIES



47 kcal

SIDE DISH

Ingredients

- 2 stalks celery chopped
- 2 tsp grey poupon harvest coarse ground mustard
- 0.3 cup optional: dill fresh chopped
- 0.5 lb beans fresh green yellow cut into 2-inch lengths, blanched
- 0.5 cup miracle whip dressing light
- 1 lb new potatoes white red cooled cooked halved

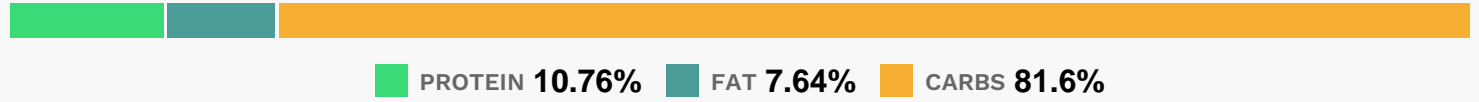
Equipment

- bowl

Directions

- Mix dressing and mustard in large bowl until blended.
- Add remaining ingredients; toss lightly.

Nutrition Facts



Properties

Glycemic Index:15.56, Glycemic Load:5.13, Inflammation Score:-3, Nutrition Score:3.2904347660749%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 46.84kcal (2.34%), Fat: 0.41g (0.64%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 9.93g (3.31%), Net Carbohydrates: 8.44g (3.07%), Sugar: 1.49g (1.66%), Cholesterol: 0.96mg (0.32%), Sodium: 102.42mg (4.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Vitamin C: 12.74mg (15.44%), Folate: 29.36µg (7.34%), Potassium: 232.06mg (6.63%), Vitamin B6: 0.12mg (5.97%), Fiber: 1.49g (5.95%), Manganese: 0.08mg (4.23%), Magnesium: 15.65mg (3.91%), Iron: 0.63mg (3.49%), Phosphorus: 32.62mg (3.26%), Copper: 0.06mg (2.95%), Vitamin A: 139.38IU (2.79%), Vitamin K: 2.68µg (2.56%), Vitamin B1: 0.03mg (2.26%), Vitamin B3: 0.44mg (2.22%), Calcium: 19.59mg (1.96%), Zinc: 0.21mg (1.41%), Vitamin B5: 0.14mg (1.36%), Vitamin B2: 0.02mg (1.19%)