



Garlic Green Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



45 kcal

SIDE DISH

Ingredients

- ☐ 1 clove garlic minced
- ☐ 1 pound green beans
- ☐ 0.5 medium onion diced red
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.3 cup roasted pepper diced red
- ☐ 4 servings salt and pepper black freshly ground

Equipment

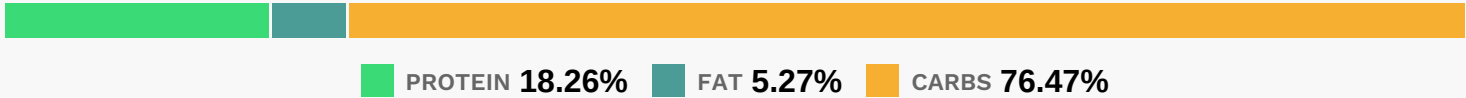
- ☐ bowl

- ☐ paper towels
- ☐ pot

Directions

- ☐ Cook green beans in a pot of boiling salted water until crisp tender, about 5 to 6 minutes.
- ☐ Remove to a bowl filled with ice water to stop the cooking.
- ☐ Drain and dry with paper towels then place in a serving bowl. Toss with remaining ingredients. Season, to taste, with salt and pepper.
- ☐ Let sit at room temperature, at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:2.59, Inflammation Score:-7, Nutrition Score:8.9426086363585%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg

Nutrients (% of daily need)

Calories: 44.83kcal (2.24%), Fat: 0.31g (0.47%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 9.97g (3.32%), Net Carbohydrates: 6.49g (2.36%), Sugar: 4.29g (4.76%), Cholesterol: 0mg (0%), Sodium: 167.52mg (7.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Vitamin K: 48.99µg (46.66%), Vitamin C: 20.53mg (24.88%), Vitamin A: 844IU (16.88%), Manganese: 0.31mg (15.42%), Fiber: 3.48g (13.91%), Folate: 41.94µg (10.49%), Vitamin B6: 0.21mg (10.34%), Potassium: 282.18mg (8.06%), Magnesium: 31.52mg (7.88%), Vitamin B2: 0.13mg (7.42%), Iron: 1.33mg (7.39%), Vitamin B1: 0.1mg (6.92%), Calcium: 51.93mg (5.19%), Copper: 0.1mg (5.14%), Phosphorus: 51.02mg (5.1%), Vitamin B3: 0.92mg (4.59%), Vitamin E: 0.47mg (3.13%), Vitamin B5: 0.28mg (2.82%), Zinc: 0.33mg (2.18%), Selenium: 0.9µg (1.28%)