



Garlicky Green Bean-Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 teaspoons dijon mustard
- ☐ 0.8 cup less-sodium chicken broth fat-free
- ☐ 2 tablespoons less-sodium chicken broth fat-free
- ☐ 10 garlic cloves peeled
- ☐ 2 cups cut green beans () (1/2 pound)
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1.5 pounds finnish potatoes red yellow

- ☐ 2 tablespoons rice vinegar
- ☐ 0.3 teaspoon salt

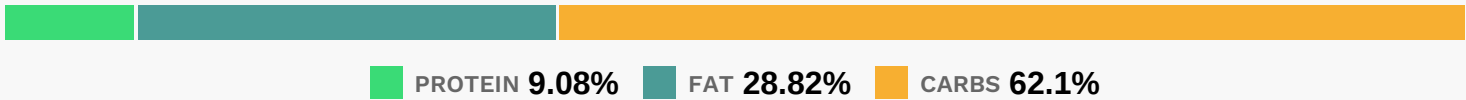
Equipment

- ☐ bowl
- ☐ blender
- ☐ colander
- ☐ pressure cooker

Directions

- ☐ Cut potatoes into quarters.
- ☐ Cut each piece into 1/2-inch-thick slices.
- ☐ Pour 3/4 cup broth into bottom of a 6-quart pressure cooker; layer the potatoes, green beans, and garlic in cooker. Close lid securely; bring to high pressure over high heat (about 9 minutes). Adjust heat to low or level needed to maintain high pressure; cook 3 minutes.
- ☐ Remove from heat; place pressure cooker under cold running water.
- ☐ Remove lid.
- ☐ Drain potato mixture in a colander, reserving garlic cloves; place potato mixture in a large bowl.
- ☐ Combine reserved garlic cloves, vinegar, and remaining ingredients in a blender, and process until smooth.
- ☐ Drizzle the garlic dressing over potato mixture; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:45.63, Glycemic Load:15.7, Inflammation Score:-5, Nutrition Score:9.5543477794398%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 150.8kcal (7.54%), Fat: 4.99g (7.67%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 24.19g (8.06%), Net Carbohydrates: 20.51g (7.46%), Sugar: 2.21g (2.45%), Cholesterol: 0mg (0%), Sodium: 261.5mg (11.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.07%), Vitamin C: 28.38mg (34.4%), Vitamin B6: 0.45mg (22.71%), Vitamin K: 20.91µg (19.91%), Manganese: 0.36mg (17.77%), Potassium: 588.04mg (16.8%), Fiber: 3.67g (14.69%), Magnesium: 37.76mg (9.44%), Phosphorus: 91.96mg (9.2%), Vitamin B1: 0.14mg (9.09%), Copper: 0.17mg (8.56%), Vitamin B3: 1.7mg (8.48%), Iron: 1.45mg (8.07%), Folate: 30.85µg (7.71%), Vitamin E: 0.84mg (5.63%), Vitamin B2: 0.09mg (5.18%), Vitamin A: 257.13IU (5.14%), Vitamin B5: 0.49mg (4.94%), Calcium: 39.22mg (3.92%), Selenium: 2.6µg (3.71%), Zinc: 0.49mg (3.29%), Vitamin B12: 0.07µg (1.11%)