



WHATSheATE



Garlicky Oven-Roasted Green Bean Salad With Hazelnuts and Blue Cheese



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 3 ounces cheese blue crumbled
- ☐ 2 teaspoons garlic clove minced
- ☐ 0.8 pound green beans
- ☐ 2 ounces hazelnuts crushed lightly toasted
- ☐ 6 servings pepper black freshly ground
- ☐ 2.5 tablespoons olive oil

☐ 0.8 pound turtle beans

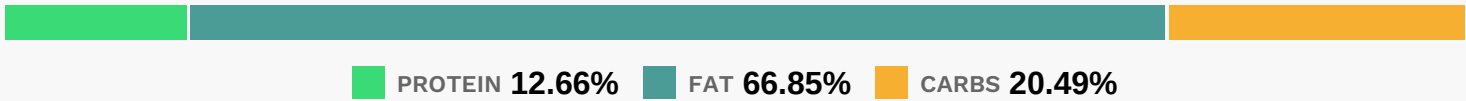
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Adjust oven rack to lower-middle position and preheat oven to 375°F.
- ☐ Place beans in a large baking pan. Season with salt and pepper and toss with vinegar, olive oil and garlic.
- ☐ Transfer to oven to roast until beans just start to get tender, taking care they don't lose their snap, about 15 minutes.
- ☐ Remove from oven and cool to room temperature.
- ☐ Add hazelnuts and blue cheese, toss to combine, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:2.51, Inflammation Score:-6, Nutrition Score:11.702608656624%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 204.2kcal (10.21%), Fat: 15.89g (24.45%), Saturated Fat: 3.91g (24.42%), Carbohydrates: 10.96g (3.65%), Net Carbohydrates: 7.62g (2.77%), Sugar: 2.94g (3.26%), Cholesterol: 10.63mg (3.54%), Sodium: 171.04mg (7.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.55%), Manganese: 0.74mg (37.1%), Vitamin K: 29.75µg

(28.34%), Vitamin C: 19.73mg (23.92%), Folate: 91.24µg (22.81%), Vitamin E: 2.53mg (16.85%), Calcium: 135.5mg (13.55%), Fiber: 3.34g (13.38%), Phosphorus: 127.8mg (12.78%), Copper: 0.25mg (12.62%), Magnesium: 49.05mg (12.26%), Vitamin A: 501.9IU (10.04%), Potassium: 348.56mg (9.96%), Iron: 1.78mg (9.91%), Vitamin B6: 0.17mg (8.47%), Vitamin B1: 0.11mg (7.56%), Vitamin B2: 0.13mg (7.36%), Zinc: 0.99mg (6.58%), Vitamin B5: 0.47mg (4.67%), Selenium: 2.77µg (3.96%), Vitamin B3: 0.74mg (3.69%), Vitamin B12: 0.17µg (2.88%)