



Green and Yellow Bean Salad with Chive Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



83 kcal

SIDE DISH

Ingredients

- ☐ 6 servings chives fresh whole
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.8 pound slender green beans
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 6 servings salt and pepper
- ☐ 0.8 pound slender wax beans yellow

☐ 2 tablespoons citrus champagne vinegar

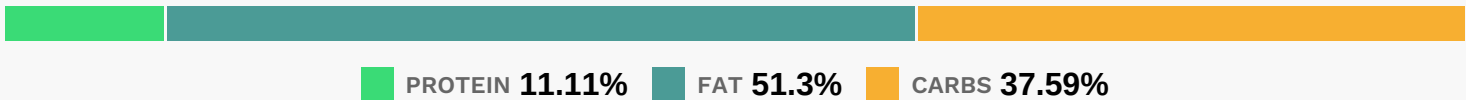
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a covered 5- to 6-quart pan over high heat, bring about 3 quarts water to boiling.
- ☐ Remove ends and any strings from green and yellow beans. Rinse beans and add to boiling water. Cook, uncovered, until beans are tender-crisp when pierced, 3 to 4 minutes.
- ☐ Drain, then immerse in ice water until cool, 3 to 4 minutes.
- ☐ Drain again.
- ☐ In a wide salad bowl, stir together mustard, vinegar, olive oil, and chopped chives.
- ☐ Add beans and mix with dressing. Season to taste with salt and pepper.
- ☐ Garnish with whole chives.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:1.91, Inflammation Score:-6, Nutrition Score:7.3339130567468%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 82.68kcal (4.13%), Fat: 5.01g (7.71%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 8.26g (2.75%), Net Carbohydrates: 5.69g (2.07%), Sugar: 1.94g (2.16%), Cholesterol: 0mg (0%), Sodium: 228.68mg (9.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.88%), Vitamin K: 34.09µg (32.47%), Vitamin C: 20.73mg (25.13%), Folate: 78.97µg (19.74%), Vitamin A: 533.26IU (10.67%), Fiber: 2.57g (10.28%), Magnesium: 32.24mg (8.06%), Iron: 1.35mg (7.5%), Manganese: 0.15mg (7.39%), Potassium: 253.46mg (7.24%), Vitamin E: 0.92mg

(6.13%), Calcium: 51.5mg (5.15%), Phosphorus: 48.06mg (4.81%), Copper: 0.09mg (4.32%), Vitamin B6: 0.09mg (4.31%), Vitamin B2: 0.06mg (3.78%), Vitamin B1: 0.05mg (3.58%), Zinc: 0.4mg (2.66%), Vitamin B3: 0.45mg (2.26%), Selenium: 1.22µg (1.74%), Vitamin B5: 0.15mg (1.46%)