

health-score52%

HEALTH SCORE

Green Bean and Asparagus Salad

VegetarianVeganGluten FreeDairy Free

READY IN

ready

35 min.

SERVINGS

servings

8

CALORIES

calories

55 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound asparagus fresh trimmed cut into bite-size pieces
- ☐ 2 cups cherry tomatoes halved
- ☐ 1 pound green beans fresh trimmed cut into bite-size pieces
- ☐ 0.3 cup parsley fresh chopped
- ☐ 8 servings ground pepper black to taste
- ☐ 8 servings kosher salt to taste
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 onion red chopped

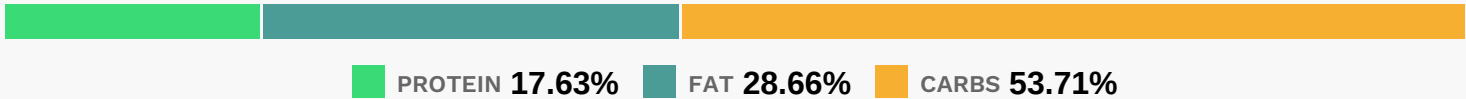
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat an oven to 400 degrees F (200 degrees C).
- ☐ Toss green bean pieces and 1 tablespoon olive oil in a bowl until the green beans are evenly coated; spread onto a baking sheet.
- ☐ Roast green beans in preheated oven until tender, about 10 minutes.
- ☐ Toss asparagus pieces and 1 tablespoon oil in a bowl until the asparagus is evenly coated; spread onto the baking sheet with the partially roasted green beans.
- ☐ Continue roasting the green bean and asparagus mixture until tender, 10 to 12 minutes.
- ☐ Toss the roasted green beans and asparagus with red onion, cherry tomatoes, and parsley in a large bowl; season with kosher salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:21.13, Glycemic Load:1.61, Inflammation Score:-8, Nutrition Score:11.643043600995%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 3.58mg, Isorhamnetin: 3.58mg, Isorhamnetin: 3.58mg, Isorhamnetin: 3.58mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 11.14mg, Quercetin: 11.14mg, Quercetin: 11.14mg, Quercetin: 11.14mg

Nutrients (% of daily need)

Calories: 54.77kcal (2.74%), Fat: 2.01g (3.09%), Saturated Fat: 0.3g (1.91%), Carbohydrates: 8.47g (2.82%), Net Carbohydrates: 5.28g (1.92%), Sugar: 4.15g (4.61%), Cholesterol: 0mg (0%), Sodium: 203.8mg (8.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.56%), Vitamin K: 81.01µg (77.15%), Vitamin C: 21.59mg (26.17%),

Vitamin A: 1160.66IU (23.21%), Folate: 57.21µg (14.3%), Manganese: 0.28mg (13.81%), Fiber: 3.19g (12.75%), Iron: 2.2mg (12.24%), Vitamin B1: 0.15mg (9.72%), Potassium: 337.18mg (9.63%), Copper: 0.18mg (9.06%), Vitamin E: 1.35mg (9%), Vitamin B2: 0.15mg (8.88%), Vitamin B6: 0.17mg (8.56%), Magnesium: 27.27mg (6.82%), Phosphorus: 64.7mg (6.47%), Vitamin B3: 1.2mg (6.01%), Calcium: 43.43mg (4.34%), Zinc: 0.53mg (3.52%), Vitamin B5: 0.35mg (3.48%), Selenium: 1.87µg (2.67%)