



Green Bean and Bacon Salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



279 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 handful flat-leaf parsley fresh chopped
- ☐ 1 tablespoon grainy mustard
- ☐ 1 pound green beans french trimmed
- ☐ 1 juice of lemon juiced
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 shallots finely chopped
- ☐ 1 pinch sugar

- ☐ 0.3 pound bacon thick-cut cut in 1/4-inch pieces
- ☐ 0.5 cup walnut halves and pieces toasted
- ☐ 1 tablespoon water hot

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ mixing bowl
- ☐ pot
- ☐ slotted spoon
- ☐ canning jar

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large pot of boiling salted water, blanch the green beans for 4 minutes, or until they are just crisp-tender.
- ☐ Drain the beans, transfer to a bowl of ice water to stop the cooking, and drain well.
- ☐ Put the green beans in a mixing bowl.
- ☐ In a large skillet, cook the bacon over moderate heat, until crispy.
- ☐ Transfer the bacon with a slotted spoon to a plate lined with paper towels.
- ☐ Add the bacon to the green beans, along with the shallot, walnuts, and parsley.
- ☐ In a mason jar, combine the mustard, water, sugar, and lemon juice; season with salt and pepper.
- ☐ Drizzle in the oil, put the cap on, and shake vigorously to emulsify. If planning to eat the salad right away, pour the dressing over the green bean salad and serve. If taking on a picnic, put the salad in a sealable plastic container and pack the dressing separately until ready to serve.

Nutrition Facts



 **PROTEIN 7.59%**  **FAT 80.99%**  **CARBS 11.42%**

Properties

Glycemic Index:43.68, Glycemic Load:1.93, Inflammation Score:-6, Nutrition Score:10.583043497542%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 278.85kcal (13.94%), Fat: 26.13g (40.21%), Saturated Fat: 4.82g (30.1%), Carbohydrates: 8.3g (2.77%), Net Carbohydrates: 5.3g (1.93%), Sugar: 3.38g (3.76%), Cholesterol: 12.47mg (4.16%), Sodium: 158.66mg (6.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.02%), Vitamin K: 51.16µg (48.73%), Manganese: 0.54mg (26.76%), Vitamin C: 12.51mg (15.17%), Vitamin E: 2.21mg (14.74%), Fiber: 3g (11.99%), Vitamin A: 589.52IU (11.79%), Vitamin B6: 0.23mg (11.43%), Copper: 0.22mg (11.21%), Vitamin B1: 0.16mg (10.43%), Magnesium: 39.48mg (9.87%), Phosphorus: 95.82mg (9.58%), Folate: 38.12µg (9.53%), Selenium: 5.64µg (8.06%), Potassium: 267.89mg (7.65%), Iron: 1.35mg (7.51%), Vitamin B3: 1.46mg (7.31%), Vitamin B2: 0.11mg (6.63%), Zinc: 0.75mg (5%), Calcium: 43.45mg (4.34%), Vitamin B5: 0.36mg (3.61%), Vitamin B12: 0.09µg (1.57%)