



## Green Bean and Cherry Tomato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



48 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1.3 pounds cherry tomatoes quartered
- 1.3 pounds green beans trimmed
- 2.5 teaspoons olive oil extra-virgin
- 1 teaspoon oregano fresh chopped
- 2 tablespoons red wine vinegar
- 0.5 teaspoon salt
- 1 tablespoon shallots minced

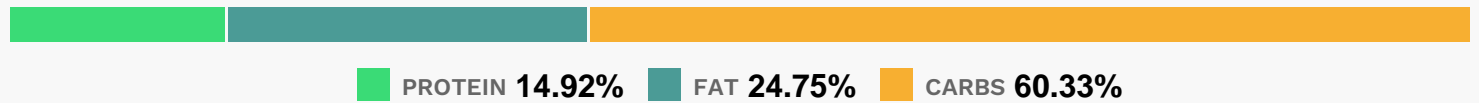
# Equipment

- bowl
- whisk

# Directions

- Cook beans in boiling water 7 minutes or until tender.
- Drain.
- Place beans, tomatoes, and oregano in a large bowl; toss gently to combine.
- Combine shallots and vinegar, stirring with a whisk.
- Let vinegar mixture stand 10 minutes.
- Add oil, salt, and pepper to vinegar mixture, stirring with a whisk until well blended.
- Pour vinaigrette over bean mixture; toss well.

# Nutrition Facts



# Properties

Glycemic Index:14.13, Glycemic Load:1.45, Inflammation Score:-7, Nutrition Score:7.9956521158633%

# Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

# Nutrients (% of daily need)

Calories: 48.21kcal (2.41%), Fat: 1.5g (2.3%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 8.21g (2.74%), Net Carbohydrates: 5.64g (2.05%), Sugar: 4.18g (4.65%), Cholesterol: 0mg (0%), Sodium: 157.94mg (6.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.06%), Vitamin K: 34.88µg (33.22%), Vitamin C: 24.93mg (30.22%), Vitamin A: 840.25IU (16.8%), Manganese: 0.25mg (12.69%), Fiber: 2.57g (10.29%), Potassium: 313.71mg (8.96%), Folate: 33.63µg (8.41%), Vitamin B6: 0.16mg (8.15%), Iron: 1.35mg (7.5%), Magnesium: 25.3mg (6.32%), Vitamin E: 0.91mg (6.1%), Vitamin B1: 0.08mg (5.66%), Vitamin B2: 0.09mg (5.35%), Copper: 0.11mg (5.3%), Phosphorus: 48.3mg (4.83%), Vitamin B3: 0.91mg (4.56%), Calcium: 39.08mg (3.91%), Vitamin B5: 0.26mg (2.58%), Zinc: 0.28mg (1.89%), Selenium: 0.81µg (1.16%)