



Green Bean and Cherry Tomato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



76 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon pepper black as needed freshly ground plus more
- 1 pound cherry tomatoes halved
- 2 pounds green beans ends trimmed
- 2 teaspoons kosher salt as needed plus more
- 6 tablespoons juice of lemon freshly squeezed (from 3 medium lemons)
- 2 teaspoons lemon zest finely grated (from 2 medium lemons)
- 0.5 cup olive oil extra virgin extra-virgin
- 0.5 cup parsley fresh italian finely chopped

- 2 tablespoons shallots finely chopped (from 1 medium shallot)

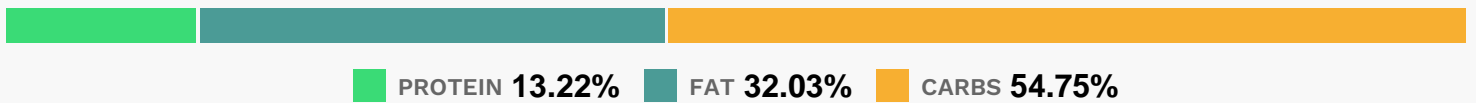
Equipment

- bowl
- paper towels
- whisk
- pot

Directions

- Bring a large pot of heavily salted water to a boil and prepare an ice water bath by filling a bowl halfway with ice and water; set aside. Meanwhile, make the dressing.
- Place the shallot, lemon zest, and measured salt and pepper in a medium, nonreactive bowl and add the lemon juice. While whisking constantly, slowly drizzle in the oil and whisk until evenly combined. Set the dressing aside.
- Add the green beans to the boiling water and cook until crisp-tender, about 3 to 4 minutes.
- Drain and transfer to the prepared ice water bath. When the beans are chilled, drain again and thoroughly pat dry with paper towels.
- Place the beans, tomatoes, and parsley in a large bowl, pour in the dressing, and toss to coat thoroughly. Taste and add more salt and pepper as needed.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:2.4, Inflammation Score:-8, Nutrition Score:13.835652164791%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 75.71kcal (3.79%), Fat: 3.08g (4.74%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 11.85g (3.95%), Net Carbohydrates: 8.04g (2.92%), Sugar: 5.64g (6.27%), Cholesterol: 0mg (0%), Sodium: 597.06mg (25.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Vitamin K: 113.9µg (108.48%), Vitamin C: 36.95mg (44.79%), Vitamin A: 1378IU (27.56%), Manganese: 0.35mg (17.63%), Fiber: 3.81g (15.25%), Folate: 53.7µg (13.42%), Potassium: 407.86mg (11.65%), Vitamin B6: 0.22mg (11.17%), Iron: 1.87mg (10.41%), Magnesium: 37.04mg (9.26%), Vitamin E: 1.22mg (8.14%), Vitamin B1: 0.12mg (8.09%), Vitamin B2: 0.14mg (8.07%), Copper: 0.13mg (6.73%), Phosphorus: 64mg (6.4%), Vitamin B3: 1.2mg (6.02%), Calcium: 57.13mg (5.71%), Vitamin B5: 0.37mg (3.7%), Zinc: 0.41mg (2.75%), Selenium: 1.03µg (1.47%)