



Green Bean and Cucumber Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



112 kcal

SIDE DISH

Ingredients

- ☐ 1 cucumber
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 pound green beans trimmed
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 teaspoon juice of lemon
- ☐ 1 lemon zest
- ☐ 3 tablespoons olive oil

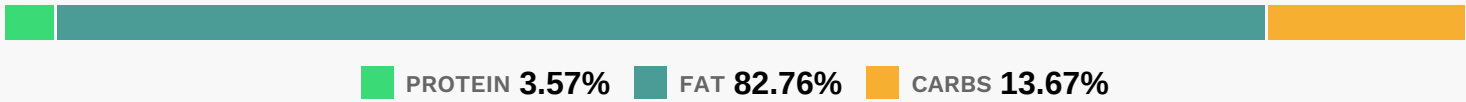
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a small pot of water to a boil and cook green beans for about 3 minutes.
- ☐ Drain and rinse with cold water. In a large bowl, whisk together Dijon mustard, lemon juice, olive oil, salt, and zest. Halve and seed cucumberlength-wise, then slice.
- ☐ Add the cucumber and green beans to the bowl; toss.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:0.73, Inflammation Score:-3, Nutrition Score:4.5139130872229%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 112.35kcal (5.62%), Fat: 10.73g (16.51%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 3.99g (1.33%), Net Carbohydrates: 2.48g (0.9%), Sugar: 2.07g (2.3%), Cholesterol: 0mg (0%), Sodium: 162.61mg (7.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Vitamin K: 23.93µg (22.79%), Vitamin E: 1.66mg (11.07%), Vitamin C: 8.28mg (10.04%), Manganese: 0.12mg (6.09%), Fiber: 1.51g (6.03%), Folate: 20.39µg (5.1%), Vitamin A: 251.32IU (5.03%), Potassium: 167.51mg (4.79%), Magnesium: 16.99mg (4.25%), Vitamin B6: 0.08mg (4.11%), Copper: 0.08mg (3.77%), Vitamin B1: 0.05mg (3.34%), Iron: 0.55mg (3.06%), Vitamin B2: 0.05mg (2.97%), Phosphorus: 28.15mg (2.82%), Vitamin B5: 0.25mg (2.54%), Calcium: 24.06mg (2.41%), Zinc: 0.21mg (1.39%), Vitamin B3: 0.25mg (1.25%)