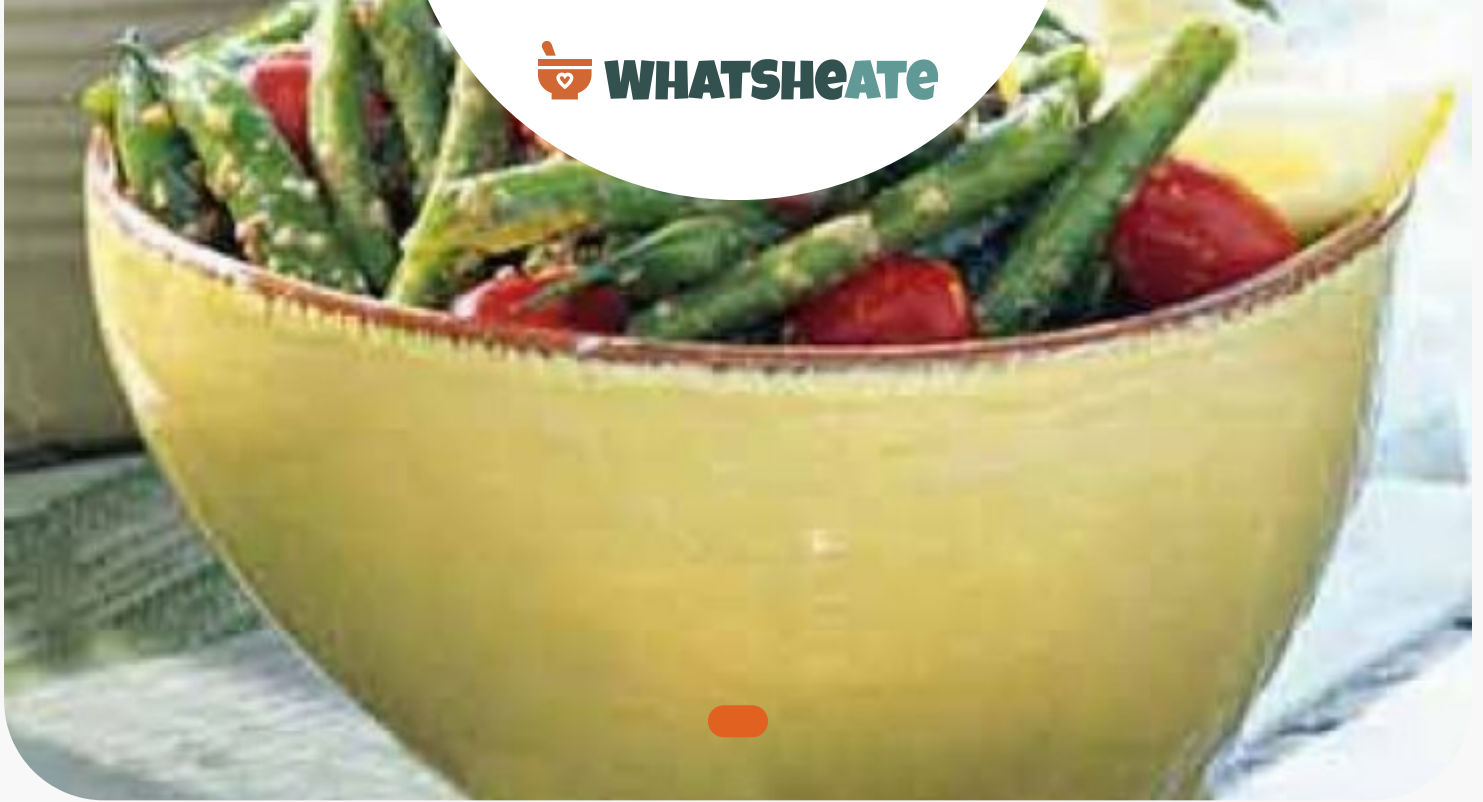




Green Bean and Grape Tomato Salad with Kalamata Vinaigrette

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



93 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon anchovy paste
- ☐ 1 pint cherry tomatoes whole halved
- ☐ 1 tablespoon dijon mustard
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 1.5 pounds green beans trimmed cut into 2-inch pieces
- ☐ 0.5 cup kalamata olives black pitted
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 2.5 teaspoons lemon zest grated
- ☐ 0.7 cup olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 2 shallots finely chopped

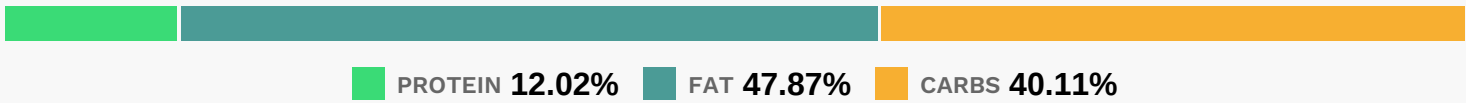
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Combine olives, shallots, lemon juice, mustard, anchovy paste, lemon peel, thyme, and dried crushed red pepper in processor. Blend until finely chopped. With machine running, gradually add oil and blend until almost smooth. Season vinaigrette to taste with salt and pepper.
- ☐ Cook beans in large saucepan of boiling salted water just until crisp-tender, about 4 minutes.
- ☐ Drain. Refresh beans under cold water; pat dry with paper towels. (Vinaigrette and beans can be made 1 day ahead. Cover separately; chill.)
- ☐ Toss beans, tomatoes, and vinaigrette in large bowl to blend. Season to taste with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:1.94, Inflammation Score:-8, Nutrition Score:9.8282606711854%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 92.64kcal (4.63%), Fat: 5.44g (8.37%), Saturated Fat: 0.78g (4.85%), Carbohydrates: 10.26g (3.42%), Net Carbohydrates: 6.83g (2.48%), Sugar: 4.94g (5.49%), Cholesterol: 1.7mg (0.57%), Sodium: 240.23mg (10.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Vitamin K: 40.96µg (39.01%), Vitamin C: 27.03mg (32.76%), Vitamin A: 961.08IU (19.22%), Manganese: 0.28mg (14.04%), Fiber: 3.43g (13.7%), Vitamin E: 1.65mg (11%), Potassium: 355.36mg (10.15%), Vitamin B6: 0.2mg (10.12%), Folate: 39.5µg (9.88%), Iron: 1.61mg (8.95%), Magnesium: 32.01mg (8%), Vitamin B3: 1.4mg (7.02%), Vitamin B1: 0.1mg (6.89%), Vitamin B2: 0.12mg (6.78%), Copper: 0.13mg (6.53%), Phosphorus: 61.05mg (6.1%), Calcium: 53.02mg (5.3%), Selenium: 2.99µg (4.27%), Vitamin B5: 0.32mg (3.21%), Zinc: 0.39mg (2.6%)