



Green Bean and Hazelnut Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 teaspoons balsamic vinegar
- ☐ 1 tablespoon flaxseed oil
- ☐ 2.3 teaspoons grainy mustard
- ☐ 0.8 pound green beans trimmed halved
- ☐ 1 teaspoon hazelnut oil
- ☐ 2 tablespoons hazelnuts
- ☐ 4 teaspoons olive oil extra-virgin
- ☐ 0.3 cup onion red finely chopped

☐ 0.1 teaspoon sea salt fine

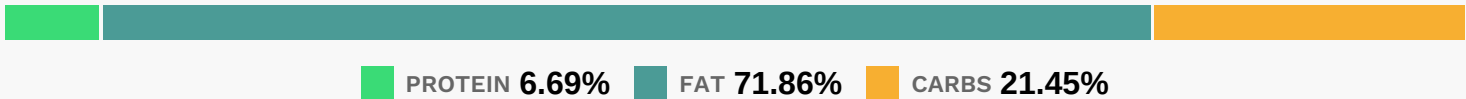
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ ziploc bags
- ☐ kitchen towels

Directions

- ☐ Preheat oven to 325°F with rack in middle.
- ☐ Toast nuts in a small baking pan until centers are golden, 15 to 20 minutes (cut one open to test for doneness). Cool to warm, then rub off any loose skins in a kitchen towel. Coarsely chop nuts.
- ☐ Cook beans in a 6-quart pot of boiling salted water (1 1/2 tablespoons salt for 4 quarts water) until just tender, 4 to 6 minutes.
- ☐ Transfer to an ice bath to stop cooking.
- ☐ Drain and pat dry.
- ☐ Whisk together mustard, vinegar, and sea salt in a bowl, then add olive, flaxseed, and hazelnut oils, whisking.
- ☐ Add beans, nuts, and onion and toss well. Season with salt and pepper.
- ☐ • Beans can be cooked 1 day ahead and chilled (once cool) in a plastic bag lined with paper towels.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:2.1, Inflammation Score:-6, Nutrition Score:8.7291304650514%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg

Nutrients (% of daily need)

Calories: 143.11kcal (7.16%), Fat: 12.15g (18.7%), Saturated Fat: 1.26g (7.87%), Carbohydrates: 8.17g (2.72%), Net Carbohydrates: 5.09g (1.85%), Sugar: 3.73g (4.15%), Cholesterol: 0mg (0%), Sodium: 109.62mg (4.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.09%), Vitamin K: 39.77µg (37.88%), Manganese: 0.52mg (25.99%), Vitamin E: 2.86mg (19.1%), Vitamin C: 11.44mg (13.87%), Fiber: 3.07g (12.29%), Vitamin A: 590.03IU (11.8%), Folate: 35.81µg (8.95%), Vitamin B6: 0.16mg (8.1%), Magnesium: 31.99mg (8%), Copper: 0.15mg (7.56%), Vitamin B1: 0.11mg (7.45%), Iron: 1.21mg (6.74%), Potassium: 234.43mg (6.7%), Vitamin B2: 0.1mg (5.8%), Phosphorus: 53.11mg (5.31%), Calcium: 41.83mg (4.18%), Vitamin B3: 0.74mg (3.71%), Vitamin B5: 0.26mg (2.58%), Zinc: 0.36mg (2.42%), Selenium: 1.64µg (2.34%)