



## Green Bean and Jicama Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



71 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 tablespoon dijon mustard
- 0.8 pound green beans ends trimmed
- 1 pound jicama peeled scrubbed
- 0.3 cup olive oil extra-virgin
- 0.7 cup thinly slivered onion red
- 1 teaspoon oregano dried
- 12 servings salt and pepper
- 6 oz watercress sprigs rinsed

6 tablespoons citrus champagne vinegar

## Equipment

food processor

bowl

frying pan

knife

## Directions

In a small bowl, mix onion, 1 tablespoon vinegar, and 1 1/2 cups cold water; let stand at least 20 minutes.

Rinse beans and cut into julienne strips with a food processor, French bean cutter (slicing bars in the handle of some vegetable peelers), or knife. In a 3- to 4-quart pan over high heat, bring 2 quarts water to a boil.

Add beans and cook just until tender-crisp, 2 to 5 minutes.

Drain beans and immerse them at once in ice water until they are cold.

Drain well.

Meanwhile, cut jicama into 1/4-inch-thick sticks.

In a large bowl, mix remaining vinegar with oil, mustard, and oregano.

Drain onion.

Add onion, beans, jicama, and watercress to bowl.

Mix well and add salt and pepper to taste.

## Nutrition Facts



**PROTEIN 7.02%** **FAT 57.36%** **CARBS 35.62%**

## Properties

Glycemic Index:13.08, Glycemic Load:1, Inflammation Score:-6, Nutrition Score:6.758260846138%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg

## **Nutrients (% of daily need)**

Calories: 70.68kcal (3.53%), Fat: 4.67g (7.18%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 6.52g (2.17%), Net Carbohydrates: 3.56g (1.29%), Sugar: 2.03g (2.26%), Cholesterol: 0mg (0%), Sodium: 217.65mg (9.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.57%), Vitamin K: 51.54µg (49.09%), Vitamin C: 17.89mg (21.69%), Vitamin A: 659.77IU (13.2%), Fiber: 2.96g (11.86%), Vitamin E: 1.12mg (7.44%), Manganese: 0.15mg (7.37%), Potassium: 183.26mg (5.24%), Vitamin B6: 0.09mg (4.37%), Folate: 17.34µg (4.33%), Magnesium: 16.84mg (4.21%), Iron: 0.71mg (3.93%), Calcium: 38.14mg (3.81%), Vitamin B2: 0.06mg (3.62%), Vitamin B1: 0.05mg (3.35%), Phosphorus: 30.86mg (3.09%), Copper: 0.05mg (2.75%), Vitamin B5: 0.17mg (1.75%), Vitamin B3: 0.34mg (1.69%), Selenium: 1.04µg (1.49%), Zinc: 0.17mg (1.16%)