



WHATSheATE



HEALTH SCORE

56%

## Green Bean and Mushroom Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



8

CALORIES



209 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 10 ounces cremini mushrooms very thinly sliced
- ☐ 0.3 cup parsley fresh coarsely chopped
- ☐ 1.5 pounds tender green beans
- ☐ 8 servings kosher salt
- ☐ 2 lemons
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 8 servings pepper freshly ground
- ☐ 2 large shallots sliced

- ☐ 2 teaspoons sugar
- ☐ 1 cup walnuts coarsely chopped

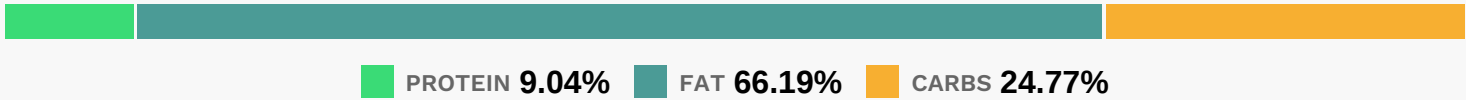
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

## Directions

- ☐ Bring a large pot of generously salted water to a rolling boil.
- ☐ Add the beans and cook until crisp-tender, about 5 minutes.
- ☐ Drain and transfer to a large bowl. Toss with 3 tablespoons olive oil and 1 1/2 teaspoons salt. Cool, uncovered.
- ☐ Finely grate the zest of 1 lemon; combine with the shallots in another large bowl. Squeeze the juice from both lemons on top.
- ☐ Add the mushrooms and toss with 1 tablespoon salt. Set aside.
- ☐ Toast the walnuts in a dry skillet over medium heat until golden and fragrant.
- ☐ Sprinkle with the sugar and a pinch of salt and cook until the sugar melts, about 3 more minutes.
- ☐ Remove from the heat and cool.
- ☐ Add the remaining 1 tablespoon oil to the mushrooms and gently combine with the beans, parsley and half the nuts. Season with salt and pepper.
- ☐ Transfer to a serving bowl or platter and sprinkle the remaining nuts on top.
- ☐ Photograph by Anita Calero

## Nutrition Facts



## Properties

Glycemic Index:31.95, Glycemic Load:3.31, Inflammation Score:-7, Nutrition Score:15.936956366119%

## Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

## Nutrients (% of daily need)

Calories: 208.79kcal (10.44%), Fat: 16.87g (25.95%), Saturated Fat: 1.93g (12.03%), Carbohydrates: 14.2g (4.73%), Net Carbohydrates: 9.67g (3.52%), Sugar: 5.95g (6.61%), Cholesterol: 0mg (0%), Sodium: 203.82mg (8.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.37%), Vitamin K: 72.14µg (68.71%), Manganese: 0.78mg (38.8%), Vitamin C: 27.87mg (33.78%), Copper: 0.49mg (24.41%), Fiber: 4.53g (18.13%), Vitamin B2: 0.29mg (17.23%), Selenium: 10.64µg (15.2%), Vitamin A: 754.45IU (15.09%), Folate: 59.22µg (14.8%), Vitamin B6: 0.28mg (14.13%), Potassium: 472.69mg (13.51%), Phosphorus: 134.76mg (13.48%), Magnesium: 52.15mg (13.04%), Vitamin B1: 0.17mg (11.3%), Vitamin B3: 2.2mg (11%), Iron: 1.85mg (10.26%), Vitamin E: 1.52mg (10.14%), Vitamin B5: 0.88mg (8.85%), Zinc: 1.11mg (7.39%), Calcium: 64.74mg (6.47%)