



Green Bean and New Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



247 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 cups cut green beans (1-inch) ()
- ☐ 1 teaspoon honey
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.7 cup mayonnaise low-fat
- ☐ 0.5 cup onion red finely chopped

- ☐ 1.5 pounds potatoes red
- ☐ 2 tablespoons rice vinegar
- ☐ 1 Dash salt
- ☐ 2 tablespoons whole-grain dijon mustard

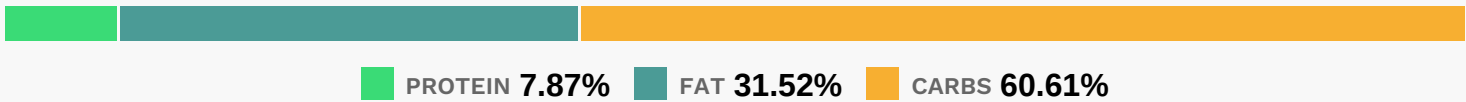
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon
- ☐ cutting board

Directions

- ☐ Place potatoes in a large saucepan; cover with water. Bring to a boil. Reduce heat; simmer 20 minutes or until tender.
- ☐ Remove potatoes with a slotted spoon; place on a cutting board.
- ☐ Let cool to room temperature.
- ☐ Add beans to simmering potato cooking water; cook 3 minutes or until crisp-tender.
- ☐ Drain; let cool slightly.
- ☐ Cut potatoes into quarters.
- ☐ Combine mayonnaise and next 7 ingredients (through garlic) in a large bowl, stirring with a whisk.
- ☐ Add potatoes, beans, onion, and basil; toss gently to combine.

Nutrition Facts



Properties

Glycemic Index:84.82, Glycemic Load:2.36, Inflammation Score:-7, Nutrition Score:13.903478332188%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.7mg, Quercetin: 6.7mg, Quercetin: 6.7mg, Quercetin: 6.7mg

Nutrients (% of daily need)

Calories: 246.86kcal (12.34%), Fat: 8.94g (13.75%), Saturated Fat: 1.4g (8.78%), Carbohydrates: 38.68g (12.89%), Net Carbohydrates: 33.57g (12.21%), Sugar: 7.79g (8.65%), Cholesterol: 5.97mg (1.99%), Sodium: 436.16mg (18.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.04%), Vitamin K: 55.19µg (52.56%), Vitamin C: 24.49mg (29.68%), Potassium: 955.74mg (27.31%), Manganese: 0.46mg (23.13%), Vitamin B6: 0.41mg (20.51%), Fiber: 5.1g (20.45%), Copper: 0.3mg (14.87%), Magnesium: 59.19mg (14.8%), Phosphorus: 147.16mg (14.72%), Vitamin B1: 0.21mg (14.15%), Folate: 56.05µg (14.01%), Vitamin B3: 2.45mg (12.27%), Iron: 2.1mg (11.67%), Vitamin A: 504.67IU (10.09%), Vitamin E: 1.11mg (7.41%), Vitamin B2: 0.12mg (7.27%), Selenium: 4.97µg (7.1%), Vitamin B5: 0.68mg (6.81%), Zinc: 0.83mg (5.54%), Calcium: 54.33mg (5.43%)