



Green Bean and Potato Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



90 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 cup olive oil extra virgin
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.8 pound green beans fresh trimmed
- ☐ 1 clove garlic minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 small onion red chopped

- ☐ 1.5 pounds potatoes red
- ☐ 10 servings salt and pepper to taste
- ☐ 1 dash worcestershire sauce

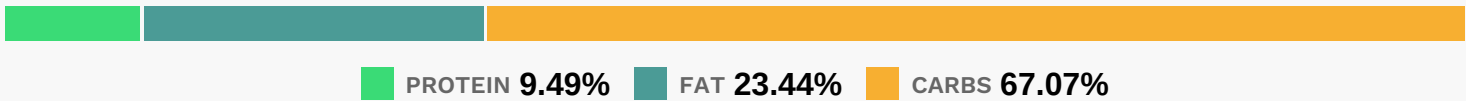
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Place the potatoes in a large pot, and fill with about 1 inch of water. Bring to a boil, and cook for about 15 minutes, or until potatoes are tender. Throw in the green beans to steam after the first 10 minutes.
- ☐ Drain, cool, and cut potatoes into quarters.
- ☐ Transfer to a large bowl, and toss with fresh basil, red onion, salt and pepper. Set aside.
- ☐ In a medium bowl, whisk together the balsamic vinegar, mustard, lemon juice, garlic, Worcestershire sauce and olive oil.
- ☐ Pour over the salad, and stir to coat. Taste and season with additional salt and pepper if needed.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:1.48, Inflammation Score:-4, Nutrition Score:6.1904348290485%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.62mg

Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg

Nutrients (% of daily need)

Calories: 90.43kcal (4.52%), Fat: 2.45g (3.78%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 15.8g (5.27%), Net Carbohydrates: 13.39g (4.87%), Sugar: 3.54g (3.93%), Cholesterol: 0mg (0%), Sodium: 244.43mg (10.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.47%), Vitamin K: 20.49µg (19.51%), Vitamin C: 12.2mg (14.79%), Potassium: 415.98mg (11.89%), Manganese: 0.22mg (10.86%), Fiber: 2.42g (9.66%), Vitamin B6: 0.18mg (9.25%), Magnesium: 27.44mg (6.86%), Folate: 26.8µg (6.7%), Vitamin B1: 0.1mg (6.36%), Copper: 0.13mg (6.34%), Phosphorus: 63.17mg (6.32%), Iron: 1.01mg (5.61%), Vitamin A: 273.78IU (5.48%), Vitamin B3: 1.07mg (5.36%), Vitamin B2: 0.06mg (3.69%), Vitamin E: 0.48mg (3.2%), Vitamin B5: 0.3mg (2.96%), Calcium: 27.57mg (2.76%), Zinc: 0.36mg (2.4%), Selenium: 1.67µg (2.38%)