



Green Bean-and-Yellow Tomato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



72 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 garlic clove minced



0.5 pound green beans trimmed cut into 2-inch pieces



1 teaspoon olive oil



1 Dash pepper black



0.3 cup onion red vertically sliced



2 tablespoons red wine vinegar



0.1 teaspoon salt



2 tomatoes yellow cut into 8 wedges

☐

 2 teaspoons or dried fresh minced

Equipment

☐

 bowl

☐

 whisk

Directions

☐

 Steam green beans, covered, 3 minutes or until tender. Rinse with water; drain.

☐

 Combine beans, tomato wedges, and onion in a bowl.

☐

 Combine vinegar and next 5 ingredients in a bowl; stir well with a whisk.

☐

 Pour vinegar mixture over bean mixture; toss.

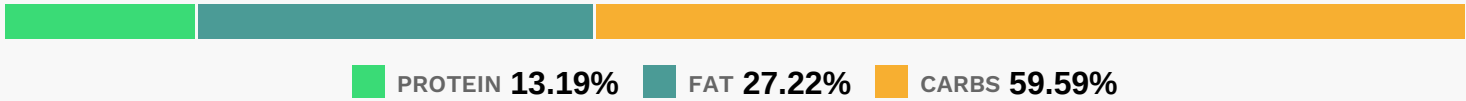
☐

 Serve at room temperature.

☐

 carbo rating: 17

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:2.92, Inflammation Score:-9, Nutrition Score:10.491304480511%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg

Nutrients (% of daily need)

Calories: 71.62kcal (3.58%), Fat: 2.36g (3.63%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 11.63g (3.88%), Net Carbohydrates: 7.7g (2.8%), Sugar: 4.86g (5.4%), Cholesterol: 0mg (0%), Sodium: 155.5mg (6.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.15%), Vitamin K: 67.32µg (64.12%), Vitamin C: 16.94mg (20.53%), Manganese: 0.4mg (19.9%), Vitamin A: 821.39IU (16.43%), Fiber: 3.94g (15.74%), Iron: 2.58mg (14.31%), Folate: 45.58µg (11.4%), Vitamin B6: 0.22mg (10.83%), Potassium: 301.5mg (8.61%), Magnesium: 34.4mg (8.6%), Vitamin B2: 0.13mg (7.73%), Vitamin B1: 0.11mg (7.59%), Calcium: 71.05mg (7.1%), Phosphorus: 56.77mg (5.68%), Vitamin E: 0.83mg (5.57%), Copper: 0.1mg (5.25%), Vitamin B3: 0.94mg (4.68%), Vitamin B5: 0.3mg (2.99%), Zinc: 0.41mg

(2.7%), Selenium: 1.08μg (1.54%)