



Green Bean-Fennel Salad with Fresh Herbs

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



21 min.

SERVINGS



4

CALORIES



247 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 pound green beans
- 1 head radicchio thinly
- 1 teaspoon capers drained
- 2 small fennel bulb cut into fourths
- 1 head boston lettuce
- 6 ounces marinated artichoke drained
- 0.3 cup vegetable oil
- 2 tablespoons juice of lemon

- 0.5 teaspoon bay leaves dried fresh chopped
- 0.5 teaspoon sage dried fresh chopped
- 0.5 teaspoon oregano dried fresh chopped
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 1 garlic clove finely chopped

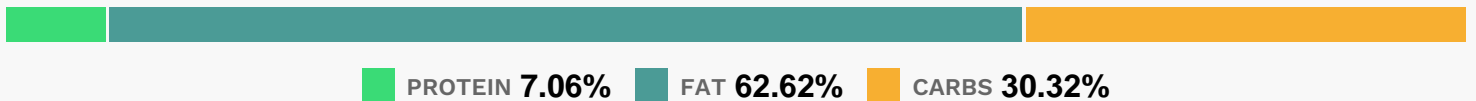
Equipment

- sauce pan

Directions

- Heat 1 inch water (salted if desired) to boiling in 3-quart saucepan.
- Add green beans. Boil uncovered 6 to 8 minutes or until crisp-tender; drain. Rinse in cold water until chilled; drain.
- Arrange radicchio leaves around edge of serving platter.
- Mix beans, capers, fennel, boston lettuce and artichoke hearts; place in center of radicchio-lined platter.
- Mix remaining ingredients; pour over salad.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:3.41, Inflammation Score:-9, Nutrition Score:21.556956477787%

Flavonoids

Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg Eriodictyol: 1.63mg, Eriodictyol: 1.63mg, Eriodictyol: 1.63mg, Eriodictyol: 1.63mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 26.66mg, Luteolin: 26.66mg, Luteolin: 26.66mg, Luteolin: 26.66mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 25.89mg, Quercetin: 25.89mg

25.89mg, Quercetin: 25.89mg, Quercetin: 25.89mg

Nutrients (% of daily need)

Calories: 246.73kcal (12.34%), Fat: 18.13g (27.89%), Saturated Fat: 2.71g (16.93%), Carbohydrates: 19.76g (6.59%), Net Carbohydrates: 12.46g (4.53%), Sugar: 7.88g (8.76%), Cholesterol: 0mg (0%), Sodium: 548.11mg (23.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.19%), Vitamin K: 344.99µg (328.57%), Copper: 1.13mg (56.41%), Vitamin C: 40.16mg (48.68%), Vitamin A: 2348.7IU (46.97%), Folate: 124.32µg (31.08%), Manganese: 0.58mg (29.22%), Fiber: 7.3g (29.2%), Potassium: 929.34mg (26.55%), Vitamin E: 3.74mg (24.96%), Iron: 2.82mg (15.66%), Magnesium: 50.6mg (12.65%), Phosphorus: 123.96mg (12.4%), Calcium: 122.85mg (12.29%), Vitamin B6: 0.22mg (11.22%), Vitamin B2: 0.15mg (8.58%), Vitamin B3: 1.52mg (7.59%), Vitamin B5: 0.67mg (6.67%), Vitamin B1: 0.1mg (6.49%), Zinc: 0.91mg (6.09%), Selenium: 2.17µg (3.1%)