



Green Bean Pepper Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



8

CALORIES



90 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

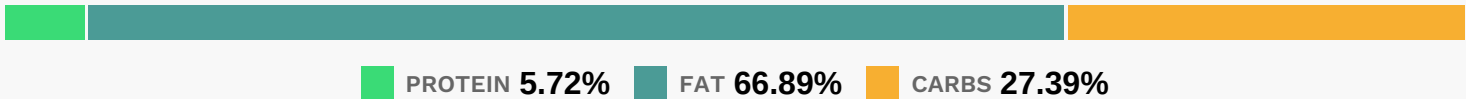
- ☐ 0.3 cup olive oil extra virgin
- ☐ 2 tbsp parsley fresh minced
- ☐ 1 lb green beans whole washed trimmed cut into 2-inch pieces (if using young small beans, you can leave them after trimming)
- ☐ 0.5 tsp pepper to taste ()
- ☐ 1 bell pepper red peeled seeded
- ☐ 0.3 tsp salt to taste ()
- ☐ 0.3 cup balsamic vinegar white
- ☐ 1 tbsp coarse mustard whole

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Green Bean Pepper Salad
- ☐ Ingredients1 lb. green beans, washed, trimmed, and cut into 2-inch pieces (if using young small beans, you can leave them whole after trimming)1 red bell pepper, roasted, peeled and seeded1/4 cup extra virgin olive oil1/4 cup white balsamic vinegar1 tbsp whole grain mustard1/2 tsp pepper (or more to taste)1/4 tsp salt (or more to taste)2 tbsp fresh minced parsley
- ☐ Total Time: 50 Minutes
- ☐ Servings: 8
- ☐ Kosher Key: Pareve, Kosher for Sephardic Passover

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:2.01, Inflammation Score:-7, Nutrition Score:7.4886956785036%

Flavonoids

Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 89.93kcal (4.5%), Fat: 6.99g (10.76%), Saturated Fat: 0.98g (6.1%), Carbohydrates: 6.45g (2.15%), Net Carbohydrates: 4.46g (1.62%), Sugar: 3.7g (4.11%), Cholesterol: 0mg (0%), Sodium: 99.82mg (4.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.69%), Vitamin K: 44.99µg (42.84%), Vitamin C: 27.23mg (33%), Vitamin A: 939IU (18.78%), Vitamin E: 1.45mg (9.7%), Manganese: 0.17mg (8.75%), Fiber: 1.99g (7.95%), Folate: 27.15µg (6.79%), Vitamin B6: 0.13mg (6.29%), Potassium: 169.77mg (4.85%), Iron: 0.84mg (4.69%), Magnesium: 18.51mg (4.63%), Vitamin B2: 0.07mg (4.35%), Vitamin B1: 0.06mg (3.93%), Phosphorus: 29.7mg (2.97%), Vitamin

B3: 0.59mg (2.93%), Calcium: 27.33mg (2.73%), Copper: 0.05mg (2.41%), Vitamin B5: 0.19mg (1.86%), Selenium: 1µg (1.43%), Zinc: 0.2mg (1.36%)