



Green Bean-Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 1 pound green beans fresh trimmed
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 4 green onions sliced
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon pepper
- ☐ 2 pounds potatoes red
- ☐ 0.3 cup red wine vinegar

☐

2 teaspoons salt

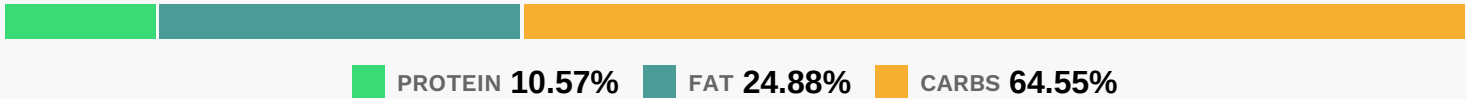
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place potatoes and water to cover in a large saucepan; bring to a boil over medium heat, and cook 13 minutes.
- ☐ Add green beans, and cook 7 minutes or until potatoes are tender; drain. Rinse with cold water.
- ☐ Cut each potato into 8 wedges.
- ☐ Whisk together vinegar and next 6 ingredients in a large bowl; add potatoes and green beans, gently tossing to coat. Cover and chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:1.77, Inflammation Score:-6, Nutrition Score:11.266956609228%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

Nutrients (% of daily need)

Calories: 139.31kcal (6.97%), Fat: 4.06g (6.24%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 23.68g (7.89%), Net Carbohydrates: 19.71g (7.17%), Sugar: 3.51g (3.9%), Cholesterol: 0mg (0%), Sodium: 649.2mg (28.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.75%), Vitamin K: 42.66µg (40.63%), Manganese: 0.48mg (24.19%), Vitamin C: 18.72mg (22.7%), Potassium: 717.02mg (20.49%), Vitamin B6: 0.32mg (16.09%), Fiber: 3.97g (15.87%), Iron: 2.21mg (12.27%), Magnesium: 48.94mg (12.23%), Folate: 48.06µg (12.02%), Copper: 0.22mg (10.76%), Vitamin A: 536.51IU (10.73%), Phosphorus: 103.46mg (10.35%), Vitamin B1: 0.15mg (10.23%), Vitamin B3: 1.93mg (9.66%),

Vitamin B2: 0.13mg (7.37%), Calcium: 60.88mg (6.09%), Vitamin E: 0.8mg (5.31%), Vitamin B5: 0.46mg (4.63%),
Zinc: 0.63mg (4.22%), Selenium: 2.31µg (3.3%)