

Green Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



72 kcal

SIDE DISH

Ingredients

- 1 teaspoon dijon mustard
- 2 tablespoons parsley leaves fresh finely chopped
- 0.5 pound green beans trimmed
- 2 teaspoons olive oil
- 2 tablespoons onion red chopped
- 1 teaspoon red wine vinegar
- 4 servings salt and pepper
- 2 tablespoons walnuts chopped

Equipment

- bowl
- frying pan
- whisk
- pot
- steamer basket

Directions

- Watch how to make this recipe.
- Bring a large pot of water with a steamer basket to a boil, add green beans and steam for about 4 minutes.
- Transfer to a serving bowl.
- Toast the walnuts in a small dry skillet over medium heat until they become fragrant, about 2 minutes, and then transfer them to a small bowl to cool.
- Add the parsley and onion to the walnuts and stir to combine.
- In another small bowl, whisk together the oil, vinegar and mustard. Toss the dressing with the green beans, top with the walnut mixture and season with salt and pepper.
- Serve warm or at room temperature.

Nutrition Facts



PROTEIN 10.07% **FAT 62.78%** **CARBS 27.15%**

Properties

Glycemic Index:39.25, Glycemic Load:1.31, Inflammation Score:-5, Nutrition Score:7.0756520913995%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 71.68kcal (3.58%), Fat: 5.45g (8.38%), Saturated Fat: 0.52g (3.28%), Carbohydrates: 5.3g (1.77%), Net Carbohydrates: 3.23g (1.17%), Sugar: 2.23g (2.47%), Cholesterol: 0mg (0%), Sodium: 212.46mg (9.24%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.97g (3.93%), Vitamin K: 57.65µg (54.91%), Manganese: 0.31mg (15.46%), Vitamin C: 10.02mg (12.15%), Vitamin A: 561.69IU (11.23%), Fiber: 2.07g (8.28%), Folate: 27.69µg (6.92%), Copper: 0.12mg (6.24%), Magnesium: 24.23mg (6.06%), Vitamin B6: 0.12mg (5.77%), Iron: 0.89mg (4.95%), Vitamin B1: 0.07mg (4.66%), Potassium: 162.47mg (4.64%), Phosphorus: 42.91mg (4.29%), Vitamin B2: 0.07mg (4.15%), Calcium: 30.77mg (3.08%), Vitamin B3: 0.51mg (2.56%), Zinc: 0.33mg (2.2%), Vitamin E: 0.3mg (1.97%), Vitamin B5: 0.17mg (1.74%), Selenium: 1.04µg (1.48%)