



Green Bean Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



122 kcal

SIDE DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 2 cups cherry tomatoes halved
- ☐ 2 teaspoons dijon mustard
- ☐ 2 ounces goat cheese fresh crumbled
- ☐ 2 pounds green beans cut into 2-inch pieces (4 cups) thin
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sherry vinegar

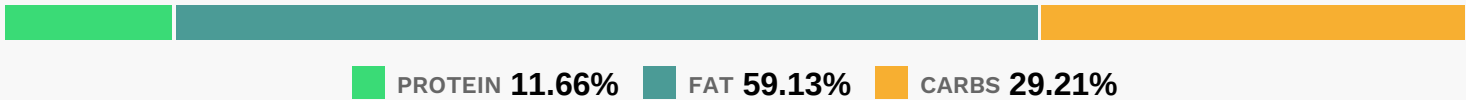
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a large saucepan of lightly salted boiling water, cook the green beans uncovered for 7 to 9 minutes or until tender.
- ☐ Drain and rinse in cold water. In a small bowl, whisk together the olive oil, vinegar, mustard, and salt.
- ☐ Pour the dressing over the green beans and toss well. Fold in the tomatoes and goat cheese, then add pepper to taste.
- ☐ To make up to 2 days ahead, prepare and store separately in the refrigerator: green beans, dressing, tomatoes, and cheese.
- ☐ Combine up to 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:2.24, Inflammation Score:-7, Nutrition Score:10.424347801053%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 121.97kcal (6.1%), Fat: 8.58g (13.2%), Saturated Fat: 2.03g (12.7%), Carbohydrates: 9.54g (3.18%), Net Carbohydrates: 6.14g (2.23%), Sugar: 4.71g (5.23%), Cholesterol: 3.26mg (1.09%), Sodium: 123.86mg (5.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.61%), Vitamin K: 54.18µg (51.6%), Vitamin C: 22.35mg (27.09%), Vitamin A: 1039.25IU (20.78%), Manganese: 0.31mg (15.55%), Fiber: 3.4g (13.61%), Vitamin E: 1.66mg

(11.09%), Folate: 43.22µg (10.8%), Vitamin B6: 0.21mg (10.41%), Potassium: 327.07mg (9.34%), Iron: 1.64mg (9.12%), Vitamin B2: 0.15mg (9.06%), Magnesium: 33.76mg (8.44%), Copper: 0.16mg (8.04%), Vitamin B1: 0.11mg (7.59%), Phosphorus: 73.47mg (7.35%), Calcium: 57.55mg (5.75%), Vitamin B3: 1.07mg (5.35%), Vitamin B5: 0.36mg (3.57%), Zinc: 0.4mg (2.67%), Selenium: 1.5µg (2.14%)