



Green Bean Salad Amandine



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



65 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon almonds toasted sliced
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 1.5 teaspoons olive oil extravirgin
- ☐ 1 pound haricots verts trimmed
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sherry vinegar

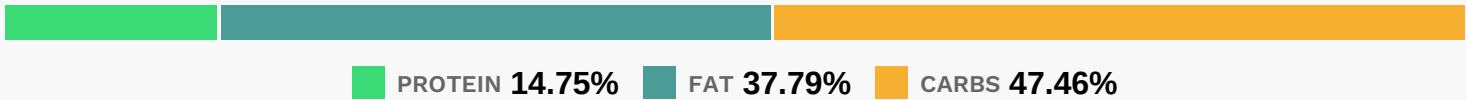
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Cook beans in boiling water 4 minutes or until crisp-tender.
- ☐ Drain and plunge beans into ice water; drain well. Pat beans dry with paper towels.
- ☐ Combine vinegar, oil, mustard, salt, and pepper in a medium bowl, stirring with a whisk until well blended.
- ☐ Add beans to vinegar mixture; toss well to coat.
- ☐ Sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:2.27, Inflammation Score:-6, Nutrition Score:8.8556521042534%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 64.68kcal (3.23%), Fat: 3.04g (4.68%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 8.6g (2.87%), Net Carbohydrates: 5.14g (1.87%), Sugar: 3.82g (4.25%), Cholesterol: 0mg (0%), Sodium: 166.28mg (7.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.35%), Vitamin K: 49.89µg (47.51%), Vitamin C: 13.86mg (16.8%), Manganese: 0.33mg (16.27%), Vitamin A: 784.04IU (15.68%), Fiber: 3.46g (13.84%), Folate: 38.63µg (9.66%), Magnesium: 36.07mg (9.02%), Vitamin E: 1.33mg (8.84%), Vitamin B2: 0.15mg (8.68%), Vitamin B6: 0.16mg (8.23%),

Potassium: 262.64mg (7.5%), Iron: 1.32mg (7.33%), Vitamin B1: 0.1mg (6.71%), Phosphorus: 56.96mg (5.7%), Copper: 0.11mg (5.35%), Calcium: 50.35mg (5.04%), Vitamin B3: 0.93mg (4.66%), Vitamin B5: 0.27mg (2.72%), Zinc: 0.36mg (2.41%), Selenium: 1.21µg (1.73%)