



Green Bean Salad with Apricot Vinaigrette

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



254 kcal

SIDE DISH

Ingredients

- ☐ 11.5 ounce apricot-pineapple nectar canned
- ☐ 6 servings available at cheese shops italian
- ☐ 1 ounce apricots dried chopped
- ☐ 1.5 ounces feta cheese crumbled
- ☐ 1.3 pounds slender green beans trimmed
- ☐ 5 ounce baby greens mixed
- ☐ 1 papaya peeled seeded thinly sliced lengthwise
- ☐ 3 tablespoons roasted pistachios unsalted dry chopped

☐ 0.3 cup rice vinegar

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ blender

Directions

- ☐ Boil nectar in medium saucepan until reduced to scant * cup, about 5 minutes.
- ☐ Mix in vinegar and apricots.
- ☐ Let stand until apricots soften, about 15 minutes. Puree mixture in blender. Season to taste with salt and pepper. Cool.
- ☐ Cook green beans in large pot of boiling salted water until crisp-tender, about 5 minutes.
- ☐ Drain. Cool in large bowl of ice water.
- ☐ Drain again. Pat beans dry with paper towels. (Can be prepared 1 day ahead. Wrap green beans in paper towels. Cover vinaigrette and green beans separately and refrigerate.)
- ☐ Place beans in large bowl.
- ☐ Add 6 tablespoons vinaigrette and toss to coat. Season with salt and pepper. In another large bowl, toss mixed greens with enough remaining vinaigrette to coat. Season to taste with salt and pepper.
- ☐ Mound mixed greens in center of 6 plates. Surround with papaya slices. Arrange beans atop mixed greens.
- ☐ Sprinkle with pistachios and ricotta salata.
- ☐ Per serving: calories, 132; total fat, 4 g; saturated fat, 1 g; cholesterol, 6 mg.
- ☐ Bon Appétit

Nutrition Facts



 PROTEIN **16.64%**  FAT **45.52%**  CARBS **37.84%**

Properties

Glycemic Index:43.36, Glycemic Load:5.81, Inflammation Score:-9, Nutrition Score:18.143478310626%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 254.4kcal (12.72%), Fat: 13.45g (20.69%), Saturated Fat: 6.67g (41.66%), Carbohydrates: 25.15g (8.38%), Net Carbohydrates: 20.95g (7.62%), Sugar: 16.93g (18.81%), Cholesterol: 33.61mg (11.2%), Sodium: 223.09mg (9.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.06g (22.13%), Vitamin C: 64.26mg (77.89%), Vitamin A: 2634.8IU (52.7%), Vitamin K: 43.55µg (41.47%), Calcium: 288.09mg (28.81%), Phosphorus: 223.66mg (22.37%), Folate: 68.75µg (17.19%), Manganese: 0.34mg (17.09%), Vitamin B2: 0.29mg (16.91%), Fiber: 4.2g (16.79%), Selenium: 10.9µg (15.58%), Vitamin B6: 0.29mg (14.29%), Potassium: 492.65mg (14.08%), Magnesium: 54.62mg (13.65%), Vitamin B1: 0.17mg (11.45%), Zinc: 1.62mg (10.79%), Copper: 0.19mg (9.36%), Iron: 1.65mg (9.19%), Vitamin E: 1.29mg (8.57%), Vitamin B3: 1.28mg (6.4%), Vitamin B5: 0.57mg (5.73%), Vitamin B12: 0.34µg (5.7%), Vitamin D: 0.19µg (1.29%)