



Green Bean Salad with Basil, Balsamic, and Parmesan

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



159 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds green beans trimmed
- ☐ 6 servings salt
- ☐ 0.5 cup onion red finely chopped (or shallots)
- ☐ 2 tablespoons balsamic vinegar
- ☐ 4 tablespoons olive oil extra virgin
- ☐ 0.8 cup basil fresh chopped
- ☐ 0.8 cup basil fresh chopped

- ☐ 1.5 ounces parmesan cheese freshly grated
- ☐ 6 servings pepper black freshly ground

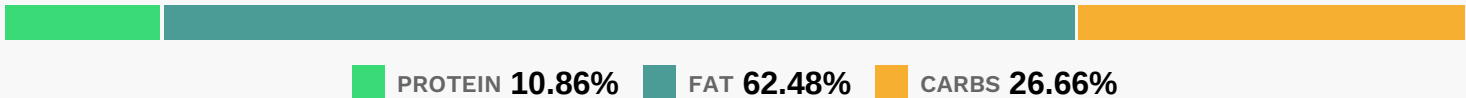
Equipment

- ☐ bowl
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Place the chopped onions in a small bowl of water. This will help take the edge off the onions.
- ☐ Let sit while you prepare the rest of the salad.
- ☐ Blanch the green beans: Bring a large pot of salted water to a boil (2 Tbsp salt for 2 quarts of water).
- ☐ Add the green beans to the water and blanch only for about 2 minutes or so, until the beans are just barely cooked through, but still crisp.
- ☐ Fresh young beans should cook quickly. Older, tougher beans may take longer.
- ☐ Shock in ice water: While the beans are cooking, prepare a large bowl of ice water. When the beans are ready, use a slotted spoon to remove them from the boiling water to the ice water to stop the cooking.
- ☐ Drain the green beans and the red onions.
- ☐ Place the green beans, red onion, and chopped basil in a large bowl.
- ☐ Sprinkle in the olive oil, toss to coat.
- ☐ Sprinkle in the balsamic and Parmesan cheese. Toss to combine. Season to taste with salt and freshly ground black pepper.
- ☐ Chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:49.17, Glycemic Load:3.01, Inflammation Score:-7, Nutrition Score:11.773913128868%

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 Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 159.16kcal (7.96%), Fat: 11.62g (17.88%), Saturated Fat: 2.45g (15.33%), Carbohydrates: 11.16g (3.72%), Net Carbohydrates: 7.75g (2.82%), Sugar: 5.08g (5.65%), Cholesterol: 6.17mg (2.06%), Sodium: 326.83mg (14.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.09%), Vitamin K: 79.62µg (75.83%), Vitamin A: 1161.07IU (23.22%), Vitamin C: 15.9mg (19.27%), Manganese: 0.36mg (17.86%), Fiber: 3.41g (13.64%), Vitamin E: 1.9mg (12.65%), Calcium: 120.39mg (12.04%), Folate: 44.48µg (11.12%), Phosphorus: 96.42mg (9.64%), Vitamin B6: 0.19mg (9.56%), Magnesium: 36.82mg (9.2%), Vitamin B2: 0.15mg (8.87%), Potassium: 296.91mg (8.48%), Iron: 1.52mg (8.45%), Vitamin B1: 0.1mg (6.88%), Copper: 0.11mg (5.61%), Selenium: 3.25µg (4.64%), Vitamin B3: 0.91mg (4.54%), Zinc: 0.66mg (4.38%), Vitamin B5: 0.31mg (3.09%), Vitamin B12: 0.1µg (1.59%)