



Green Bean Salad with Blue Cheese Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



71 kcal

SIDE DISH

Ingredients

- ☐ 2 slices 0%-less-fat bacon crumbled cooked (such as Gwaltney)
- ☐ 2 tablespoons cheese blue crumbled
- ☐ 8 ounces green beans trimmed halved
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 1 tablespoon mayonnaise light
- ☐ 2 tablespoons buttermilk low-fat
- ☐ 0.3 cup cup heavy whipping cream sour low-fat
- ☐ 0.1 teaspoon pepper

- ☐ 0.3 cup onion red finely chopped
- ☐ 0.1 teaspoon salt

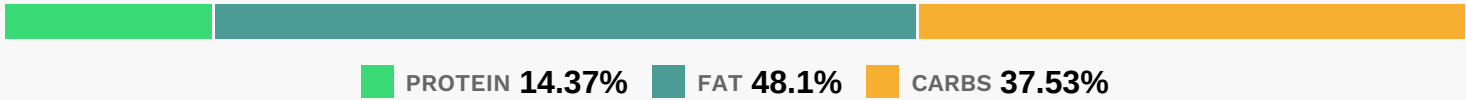
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Combine first 7 ingredients in a small bowl; stir with a whisk.
- ☐ Steam green beans, covered, 14 minutes or until crisp-tender. Rinse with cold water.
- ☐ Drain well, and pat dry with paper towels.
- ☐ Combine beans and onion in a large bowl; add dressing, and stir gently.
- ☐ Sprinkle evenly with crumbled bacon.
- ☐ carbo rating: 5

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:1.42, Inflammation Score:-5, Nutrition Score:5.423043432443%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 70.92kcal (3.55%), Fat: 4.02g (6.19%), Saturated Fat: 2g (12.52%), Carbohydrates: 7.07g (2.36%), Net Carbohydrates: 5.29g (1.92%), Sugar: 2.96g (3.29%), Cholesterol: 8.99mg (3%), Sodium: 169.6mg (7.37%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.41%), Vitamin K: 26.58µg (25.31%), Vitamin C: 8.35mg (10.12%), Vitamin A: 471.7IU (9.43%), Manganese: 0.15mg (7.43%), Calcium: 72.06mg (7.21%), Fiber: 1.78g (7.1%), Folate: 24.74µg (6.18%), Vitamin B2: 0.1mg (6.17%), Phosphorus: 56.51mg (5.65%), Potassium: 192.44mg (5.5%), Vitamin B6: 0.11mg (5.39%), Magnesium: 18.79mg (4.7%), Vitamin B1: 0.06mg (4.16%), Iron: 0.65mg (3.6%), Copper: 0.05mg (2.52%), Vitamin E: 0.37mg (2.48%), Vitamin B3: 0.48mg (2.42%), Zinc: 0.36mg (2.4%), Selenium: 1.6µg (2.29%), Vitamin B5: 0.23mg (2.29%), Vitamin B12: 0.12µg (1.99%)