



Green Bean Salad with Melted Red Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



124 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 6 cups slender green beans fresh ends trimmed trimmed
- ☐ 0.3 cup olive oil
- ☐ 1 large onion red thinly sliced
- ☐ 2 tablespoons rice vinegar
- ☐ 8 servings salt and pepper
- ☐ 1 tablespoon soya sauce

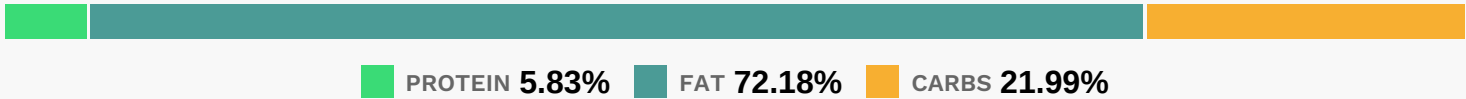
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ colander

Directions

- ☐ Place onion in a large skillet and drizzle with canola oil. Season with salt and pepper. Cook over low heat, stirring occasionally, until onions are very soft but not browned, 20 to 25 minutes.
- ☐ Transfer onions to a bowl to cool.
- ☐ Bring a large pot of salted water to a boil.
- ☐ Add green beans and cook until tender yet crisp, about 5 minutes.
- ☐ Pour into a colander and rinse under cold running water.
- ☐ Drain well and pat dry with paper towels.
- ☐ In a large bowl, whisk together vinegar and soy sauce.
- ☐ Whisk in olive oil and season with salt and pepper.
- ☐ Add onions and beans and toss well. Season with additional salt and pepper.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:1.92, Inflammation Score:-5, Nutrition Score:6.8939131187356%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.04mg, Quercetin: 5.04mg,

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Nutrients (% of daily need)

Calories: 123.75kcal (6.19%), Fat: 10.45g (16.07%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 7.16g (2.39%), Net Carbohydrates: 4.68g (1.7%), Sugar: 3.31g (3.68%), Cholesterol: 0mg (0%), Sodium: 325.19mg (14.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.79%), Vitamin K: 42.09µg (40.08%), Vitamin C: 11.08mg (13.43%), Vitamin E: 1.93mg (12.84%), Vitamin A: 569.53IU (11.39%), Manganese: 0.21mg (10.49%), Fiber: 2.48g (9.92%), Folate: 30.24µg (7.56%), Vitamin B6: 0.14mg (6.87%), Magnesium: 22.94mg (5.74%), Potassium: 199.11mg (5.69%), Vitamin B2: 0.09mg (5.47%), Iron: 0.97mg (5.4%), Vitamin B1: 0.08mg (5.02%), Phosphorus: 38.42mg (3.84%), Vitamin B3: 0.71mg (3.55%), Calcium: 34.56mg (3.46%), Copper: 0.07mg (3.29%), Vitamin B5: 0.21mg (2.11%), Zinc: 0.23mg (1.55%)