



## Green Bean Salad with Mustard Crema



Vegetarian



Gluten Free

READY IN



21 min.

SERVINGS



4

CALORIES



122 kcal

SIDE DISH

### Ingredients

- ☐ 2 tablespoons almonds toasted sliced
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons crème fraîche
- ☐ 1 tablespoon chives fresh minced
- ☐ 2 pounds green beans fresh trimmed
- ☐ 0.5 teaspoon thyme sprigs fresh chopped
- ☐ 1.5 teaspoons sea salt divided
- ☐ 2 tablespoons coarse mustard

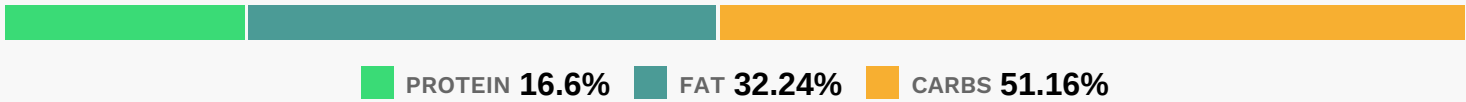
# Equipment

- ☐ bowl
- ☐ whisk

# Directions

- ☐ Cook beans 5 minutes or until crisp-tender in boiling water with 1 3/8 teaspoons salt.
- ☐ Drain and plunge beans into ice water.
- ☐ Drain and pat dry.
- ☐ Combine remaining 1/8 teaspoon salt, chives, and next 4 ingredients (through pepper) in a large bowl, stirring well with a whisk.
- ☐ Add beans to mustard mixture; toss. Divide beans evenly among 4 plates; top each serving with 1 1/2 teaspoons almonds.

# Nutrition Facts



# Properties

Glycemic Index:52.5, Glycemic Load:4.56, Inflammation Score:-9, Nutrition Score:18.311739177808%

# Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

# Nutrients (% of daily need)

Calories: 122.44kcal (6.12%), Fat: 5.01g (7.7%), Saturated Fat: 1.24g (7.72%), Carbohydrates: 17.88g (5.96%), Net Carbohydrates: 10.72g (3.9%), Sugar: 8.04g (8.93%), Cholesterol: 5.31mg (1.77%), Sodium: 971.07mg (42.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.8g (11.6%), Vitamin K: 99.57µg (94.83%), Vitamin C: 28.62mg

(34.69%), Vitamin A: 1671.55IU (33.43%), Manganese: 0.66mg (33.08%), Fiber: 7.16g (28.63%), Folate: 79.03µg (19.76%), Magnesium: 75.65mg (18.91%), Vitamin B2: 0.32mg (18.54%), Vitamin B6: 0.34mg (16.89%), Potassium: 543.27mg (15.52%), Vitamin E: 2.27mg (15.15%), Iron: 2.72mg (15.12%), Vitamin B1: 0.21mg (14.2%), Phosphorus: 126.07mg (12.61%), Calcium: 113.98mg (11.4%), Copper: 0.22mg (11%), Vitamin B3: 1.91mg (9.53%), Selenium: 4.46µg (6.38%), Vitamin B5: 0.59mg (5.92%), Zinc: 0.79mg (5.27%)