



Green Bean Salad with Olives, Walnuts, and Red-Pepper Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



144 kcal

SIDE DISH

Ingredients

- 1 pound green beans fresh trimmed
- 1 garlic clove peeled halved
- 1 cup grape tomatoes halved
- 1 teaspoon honey
- 10 kalamata olives pitted
- 2 tablespoons juice of lemon
- 1 tablespoon olive oil

- 0.5 cup onion red sliced ()
- 0.5 cup bottled roasted bell pepper red drained
- 0.5 teaspoon salt
- 2 tablespoons sugar
- 0.3 cup walnuts toasted coarsely chopped
- 0.3 cup citrus champagne vinegar

Equipment

- food processor
- bowl
- sauce pan

Directions

- Bring vinegar and sugar to a simmer in a small saucepan.
- Remove from heat; add onion, tossing to coat. Set aside.
- Steam green beans, covered, 6 minutes or until crisp-tender.
- While green beans cook, place roasted red bell pepper and next 5 ingredients in a food processor; process until smooth.
- Drain onion; discard vinegar mixture.
- Rinse green beans under cold water; drain well.
- Combine green beans, onion, tomatoes, walnuts, and olives in a large bowl.
- Add bell pepper dressing; toss gently to coat.
- Serve warm, at room temperature, or chilled.

Nutrition Facts



PROTEIN 8.36% **FAT 47.38%** **CARBS 44.26%**

Properties

Glycemic Index:56.67, Glycemic Load:6.51, Inflammation Score:-7, Nutrition Score:10.643913170566%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg

Nutrients (% of daily need)

Calories: 144.24kcal (7.21%), Fat: 8.19g (12.6%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 17.21g (5.74%), Net Carbohydrates: 13.27g (4.83%), Sugar: 10.71g (11.9%), Cholesterol: 0mg (0%), Sodium: 557.98mg (24.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.5%), Vitamin K: 43.39µg (41.33%), Vitamin C: 25.5mg (30.9%), Manganese: 0.49mg (24.54%), Vitamin A: 980.34IU (19.61%), Fiber: 3.94g (15.75%), Vitamin B6: 0.24mg (12.02%), Folate: 46.91µg (11.73%), Copper: 0.21mg (10.61%), Magnesium: 40.24mg (10.06%), Potassium: 349.15mg (9.98%), Vitamin E: 1.29mg (8.63%), Iron: 1.46mg (8.14%), Vitamin B1: 0.12mg (8.04%), Phosphorus: 72.04mg (7.2%), Vitamin B2: 0.12mg (7.11%), Calcium: 58.33mg (5.83%), Vitamin B3: 1.03mg (5.17%), Zinc: 0.52mg (3.48%), Vitamin B5: 0.3mg (3.03%), Selenium: 1.16µg (1.65%)