



Green Bean Salad with Radishes and Prosciutto

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon chives fresh minced
- ☐ 1.5 pounds green beans trimmed
- ☐ 0.3 cup olive oil
- ☐ 3 ounce pancetta thinly sliced thin
- ☐ 8 radishes paper-thin sliced
- ☐ 2 ounce wedge ricotta salata salted dry (ricotta cheese)

☐ 3 tablespoons aged sherry

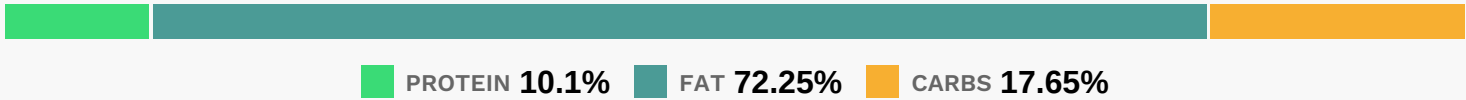
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ peeler

Directions

- ☐ Cook beans in large pot of boiling saltedwater until crisp-tender, 4 to 5 minutes.
- ☐ Drain well; cool. Toss beans, radishes, andprosciutto in large bowl.
- ☐ Whisk Sherry,mustard, and chives in small bowl. Graduallywhisk in oil. Season dressing to taste withsalt and pepper. Toss salad with enoughdressing to coat. Using vegetable peeler,shave ricotta salata in thin strips over salad.
- ☐ * Available at some supermarkets and atspecialty foods stores and Italian markets.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:2.38, Inflammation Score:-7, Nutrition Score:10.255652178889%

Flavonoids

Pelargonidin: 3.37mg, Pelargonidin: 3.37mg, Pelargonidin: 3.37mg, Pelargonidin: 3.37mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 198.94kcal (9.95%), Fat: 16.2g (24.92%), Saturated Fat: 3.98g (24.85%), Carbohydrates: 8.9g (2.97%), Net Carbohydrates: 5.64g (2.05%), Sugar: 3.94g (4.38%), Cholesterol: 14.17mg (4.72%), Sodium: 138.73mg (6.03%), Alcohol: 0.77g (100%), Alcohol %: 0.6% (100%), Protein: 5.09g (10.18%), Vitamin K: 55.49µg (52.84%), Vitamin C: 14.92mg (18.09%), Vitamin A: 853.66IU (17.07%), Manganese: 0.27mg (13.59%), Fiber: 3.27g (13.07%), Vitamin E: 1.84mg (12.28%), Vitamin B6: 0.21mg (10.58%), Folate: 40.66µg (10.17%), Vitamin B1: 0.14mg (9.3%), Vitamin B2: 0.15mg (9.02%), Potassium: 300.33mg (8.58%), Magnesium: 33.78mg (8.45%), Phosphorus: 83.84mg (8.38%), Selenium: 5.79µg (8.28%), Iron: 1.4mg (7.77%), Vitamin B3: 1.45mg (7.26%), Calcium: 66.36mg (6.64%), Copper: 0.09mg (4.59%), Zinc: 0.59mg (3.95%), Vitamin B5: 0.38mg (3.75%), Vitamin B12: 0.1µg (1.72%)