



Green Bean Salad with Tuna Sauce and Olives



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



184 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 2 tablespoons flat-leaf parsley leaves fresh
- ☐ 1 pound green beans trimmed
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 3 ounce tuna white packed in oil, drained and flaked canned
- ☐ 2 tablespoons water
- ☐ 2 tablespoons niçoise black

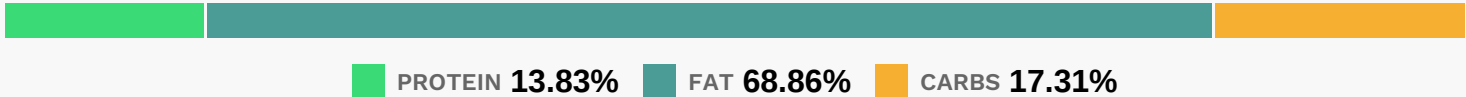
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ blender
- ☐ colander

Directions

- ☐ Cook beans in a large pot of boiling salted water, uncovered, until crisp-tender, 4 to 5 minutes.
- ☐ Drain in a colander and immediately transfer to a large bowl of ice and cold water to stop cooking. When beans are cold, drain and pat dry with paper towels, then arrange on a platter and season with salt.
- ☐ Purée tuna with olive oil, water, lemon juice, and anchovy paste in a blender, scraping down sides as necessary, until very smooth. Season sauce with salt and pepper and spoon over beans. Scatter olives and parsley leaves on top.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:2.25, Inflammation Score:-7, Nutrition Score:13.494782629222%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 183.71kcal (9.19%), Fat: 14.73g (22.66%), Saturated Fat: 2.08g (13.03%), Carbohydrates: 8.33g (2.78%), Net Carbohydrates: 5.07g (1.84%), Sugar: 3.78g (4.2%), Cholesterol: 8.93mg (2.98%), Sodium: 172.6mg (7.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.66g (13.31%), Vitamin K: 89.97µg (85.68%), Selenium: 16.16µg (23.08%), Vitamin C: 17.22mg (20.87%), Vitamin A: 979.48IU (19.59%), Vitamin E: 2.7mg (18%), Vitamin B3: 3.28mg (16.39%), Fiber: 3.27g (13.06%), Manganese: 0.25mg (12.7%), Vitamin B6: 0.23mg (11.74%), Folate: 42µg (10.5%), Iron: 1.81mg (10.07%), Vitamin B12: 0.56µg (9.33%), Magnesium: 35.9mg (8.98%), Potassium: 299.68mg (8.56%), Vitamin B2: 0.14mg (8.43%), Phosphorus: 77.47mg (7.75%), Vitamin B1: 0.1mg (6.9%), Calcium: 54.58mg (5.46%), Copper: 0.1mg (5.14%), Zinc: 0.47mg (3.16%), Vitamin B5: 0.31mg (3.12%), Vitamin D: 0.28µg (1.87%)