



WHATSheATE



Green Bean Salad with Vidalia Onion and Mint



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



82 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup kidney beans canned rinsed drained
- ☐ 2 teaspoons dijon mustard
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.1 teaspoon garlic powder
- ☐ 4 cups cut green beans (1-inch) (1 pound)

- ☐ 4 teaspoons olive oil
- ☐ 0.3 teaspoon onion powder
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup vidalia sweet chopped

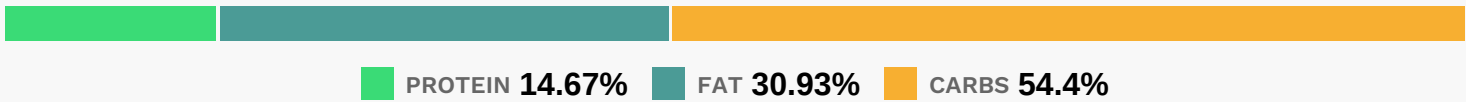
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Steam green beans, covered, 5 minutes or until crisp-tender. Rinse green beans with cold water; drain.
- ☐ Combine green beans, kidney beans, onion, and mint in a medium bowl.
- ☐ Combine balsamic vinegar and next 6 ingredients (balsamic vinegar through garlic powder), stirring with a whisk.
- ☐ Pour vinaigrette over green bean mixture, and toss well. Chill for 1 hour.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:3.15, Inflammation Score:-6, Nutrition Score:8.2234782343325%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Apigenin: 1.53mg, Apigenin: 1.53mg, Apigenin: 1.53mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg

Nutrients (% of daily need)

Calories: 82.07kcal (4.1%), Fat: 3.03g (4.66%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 11.99g (4%), Net Carbohydrates: 8g (2.91%), Sugar: 4.38g (4.86%), Cholesterol: 0mg (0%), Sodium: 149.97mg (6.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.47%), Vitamin K: 45.51µg (43.34%), Fiber: 3.99g (15.96%), Manganese: 0.3mg (15.15%), Vitamin C: 11.59mg (14.04%), Vitamin A: 634.8IU (12.7%), Folate: 39.6µg (9.9%), Magnesium: 32.06mg (8.01%), Vitamin B6: 0.16mg (7.94%), Potassium: 276.61mg (7.9%), Iron: 1.38mg (7.66%), Vitamin B1: 0.11mg (7.03%), Phosphorus: 69.11mg (6.91%), Vitamin B2: 0.11mg (6.27%), Copper: 0.12mg (5.78%), Calcium: 47.22mg (4.72%), Vitamin E: 0.71mg (4.71%), Vitamin B3: 0.76mg (3.79%), Zinc: 0.43mg (2.86%), Vitamin B5: 0.24mg (2.38%), Selenium: 1.46µg (2.09%)