



WHATSheATE



Green Bean Salad with Walnuts, Parmesan and Mint



Gluten Free



Popular

READY IN



15 min.

SERVINGS



6

CALORIES



157 kcal

SIDE DISH

Ingredients

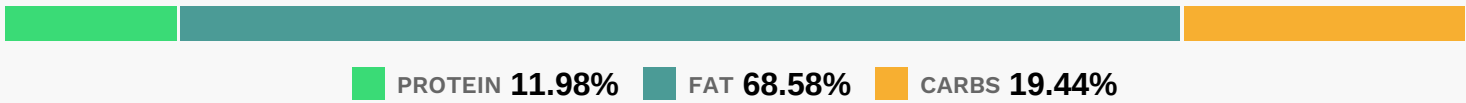
- ☐ 2 tbsp balsamic vinegar white red (or substitute balsamic)
- ☐ 2 tbsp olive oil extra virgin
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 lb green beans washed and trimmed (young beans are best)
- ☐ 0.3 cup parmesan shaved
- ☐ 6 servings salt and pepper white
- ☐ 0.5 cup walnut pieces chopped

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Green Bean Salad with Walnuts, Parmesan and Mint
- ☐ Ingredients1 lb. green beans (young beans are best), washed and trimmed1/2 cup chopped walnuts2 tbsp extra virgin olive oil2 tbsp white balsamic vinegar (or substitute red balsamic)1/3 cup chopped fresh mint1/3 cup shaved parmesan
- ☐ Salt and white pepper
- ☐ Total Time: 15 Minutes
- ☐ Servings: 6
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:23.83, Glycemic Load:2.12, Inflammation Score:-6, Nutrition Score:9.0256521105766%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 156.68kcal (7.83%), Fat: 12.65g (19.46%), Saturated Fat: 2.2g (13.73%), Carbohydrates: 8.06g (2.69%), Net Carbohydrates: 5.17g (1.88%), Sugar: 3.56g (3.96%), Cholesterol: 3.78mg (1.26%), Sodium: 289.62mg (12.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.94%), Vitamin K: 35.67µg (33.98%), Manganese: 0.53mg (26.71%), Vitamin A: 673.17IU (13.46%), Vitamin C: 10.14mg (12.3%), Fiber: 2.89g (11.58%), Calcium: 110.99mg

(11.1%), Copper: 0.22mg (10.94%), Phosphorus: 103.86mg (10.39%), Magnesium: 39.39mg (9.85%), Folate: 37.74µg (9.44%), Vitamin B6: 0.17mg (8.36%), Iron: 1.3mg (7.23%), Vitamin E: 1.06mg (7.08%), Vitamin B2: 0.12mg (6.96%), Vitamin B1: 0.1mg (6.63%), Potassium: 227.91mg (6.51%), Zinc: 0.67mg (4.45%), Vitamin B3: 0.72mg (3.61%), Selenium: 2.18µg (3.12%), Vitamin B5: 0.26mg (2.59%), Vitamin B12: 0.07µg (1.11%)