



Green Bean Slaw



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



23 kcal

SIDE DISH

Ingredients

- ☐ 1 medium carrots cut into fine julienne
- ☐ 0.3 teaspoon celery seed
- ☐ 0.3 cup apple cider vinegar
- ☐ 1.5 teaspoons dijon mustard
- ☐ 1 garlic clove minced
- ☐ 1.3 pounds haricots verts thin (green beans)
- ☐ 1.5 teaspoons honey
- ☐ 30 servings hot sauce

- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 medium parsnips cut into fine julienne
- ☐ 1 bell pepper red cut into fine julienne
- ☐ 0.5 small onion red thinly sliced
- ☐ 30 servings pepper black freshly ground
- ☐ 2.5 tablespoons water
- ☐ 30 servings worcestershire sauce

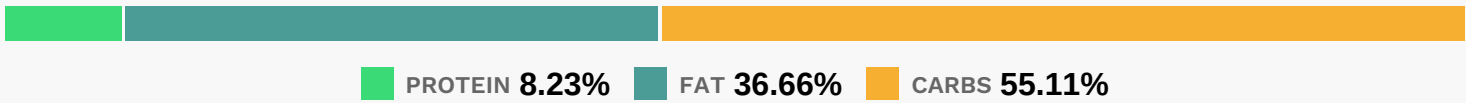
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large pot of boiling salted water, cook the beans until crisp-tender, about 2 minutes.
- ☐ Drain, rinse and pat dry.
- ☐ In a large skillet, heat the olive oil.
- ☐ Add the garlic and cook over moderate heat until fragrant, about 30 seconds. Stir in the vinegar, water, mustard, honey and celery seeds.
- ☐ Add the carrot, parsnip, red pepper and onion and toss until warmed through, about 1 minute.
- ☐ Transfer to a large bowl.
- ☐ Add the beans and toss well.
- ☐ Add a few dashes of Worcestershire sauce and hot sauce and season with salt and pepper.
- ☐ Garnish the slaw with the chopped egg and serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:1.06, Inflammation Score:-5, Nutrition Score:2.9039130534815%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 23.46kcal (1.17%), Fat: 1.03g (1.58%), Saturated Fat: 0.15g (0.92%), Carbohydrates: 3.47g (1.16%), Net Carbohydrates: 2.49g (0.91%), Sugar: 1.61g (1.79%), Cholesterol: 0mg (0%), Sodium: 21.94mg (0.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.04%), Vitamin A: 596.02IU (11.92%), Vitamin C: 8.76mg (10.62%), Vitamin K: 10.5µg (10%), Manganese: 0.1mg (5.07%), Fiber: 0.98g (3.9%), Folate: 12.39µg (3.1%), Potassium: 88.93mg (2.54%), Vitamin B6: 0.05mg (2.5%), Vitamin E: 0.37mg (2.46%), Magnesium: 7.77mg (1.94%), Iron: 0.34mg (1.88%), Vitamin B1: 0.03mg (1.74%), Vitamin B2: 0.03mg (1.72%), Phosphorus: 14.58mg (1.46%), Copper: 0.03mg (1.31%), Calcium: 12.58mg (1.26%), Vitamin B3: 0.25mg (1.24%)