



 **28%**
HEALTH SCORE

Green Bean Tomato Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



214 kcal

SIDE DISH

ANTIPASTI

STARTER

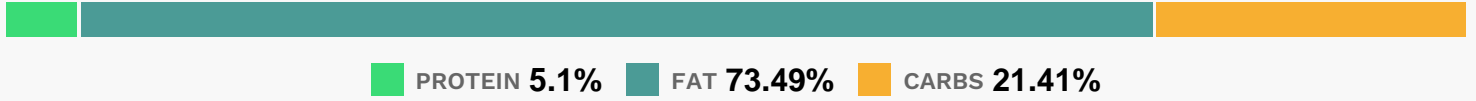
SNACK

Ingredients

- 1 teaspoon dijon mustard
- 1 lb green beans fresh trimmed halved
- 0.3 cup olive oil
- 1 small onion sliced
- 0.3 teaspoon pepper
- 3 teaspoons red wine vinegar
- 0.3 teaspoon salt
- 2 medium tomatoes sliced

Equipment

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:3.24, Inflammation Score:-8, Nutrition Score:11.997826086957%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg

Nutrients (% of daily need)

Calories: 214.13kcal (10.71%), Fat: 18.44g (28.36%), Saturated Fat: 2.57g (16.06%), Carbohydrates: 12.09g (4.03%), Net Carbohydrates: 7.9g (2.87%), Sugar: 6.07g (6.75%), Cholesterol: 0mg (0%), Sodium: 170.36mg (7.41%), Protein: 2.88g (5.75%), Vitamin K: 64.75µg (61.67%), Vitamin C: 23.58mg (28.58%), Vitamin A: 1296.66IU (25.93%), Vitamin E: 3.4mg (22.65%), Manganese: 0.36mg (18.04%), Fiber: 4.18g (16.73%), Folate: 50.08µg (12.52%), Potassium: 415.78mg (11.88%), Vitamin B6: 0.23mg (11.57%), Magnesium: 37.83mg (9.46%), Iron: 1.52mg (8.45%), Vitamin B1: 0.13mg (8.42%), Vitamin B2: 0.14mg (7.96%), Phosphorus: 64.77mg (6.48%), Copper: 0.12mg (6.22%), Vitamin B3: 1.23mg (6.13%), Calcium: 53.97mg (5.4%), Vitamin B5: 0.34mg (3.37%), Zinc: 0.42mg (2.78%), Selenium: 1.2µg (1.71%)