



Green Bean–Tomato Salad with Herbs

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



83 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 pound cherry tomatoes halved
- 1 tablespoon chives snipped
- 1.5 teaspoons dijon mustard
- 2 pounds green beans
- 10 servings kosher salt and pepper freshly ground
- 0.3 cup olive oil extra-virgin
- 2 tablespoons red wine vinegar
- 1 tablespoon tarragon chopped

0.5 teaspoon thyme leaves chopped

Equipment

bowl

whisk

pot

Directions

Bring a large pot of salted water to a boil.

Add the green beans and cook until they are crisp-tender, about 5 minutes.

Drain and rinse the green beans under cold water until they are chilled; pat the green beans dry.

In a large bowl, whisk the mustard with the vinegar. Gradually whisk in the olive oil and season with salt and pepper.

Add the green beans, tarragon, chives and thyme and toss to coat.

Add the tomatoes, toss gently and serve.

Nutrition Facts



PROTEIN 9.22% **FAT 56.82%** **CARBS 33.96%**

Properties

Glycemic Index:23.8, Glycemic Load:2, Inflammation Score:-7, Nutrition Score:8.0865218017412%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

Nutrients (% of daily need)

Calories: 83.22kcal (4.16%), Fat: 5.7g (8.78%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 4.96g (1.8%), Sugar: 3.54g (3.93%), Cholesterol: 0mg (0%), Sodium: 210.78mg (9.16%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.08g (4.17%), Vitamin K: 43.54µg (41.47%), Vitamin C: 16.94mg (20.53%),

Vitamin A: 784.6IU (15.69%), Manganese: 0.28mg (14.17%), Fiber: 2.71g (10.85%), Folate: 35.22µg (8.8%), Vitamin E: 1.28mg (8.53%), Vitamin B6: 0.16mg (8.2%), Iron: 1.39mg (7.75%), Potassium: 265.88mg (7.6%), Magnesium: 27.92mg (6.98%), Vitamin B2: 0.11mg (6.47%), Vitamin B1: 0.09mg (5.73%), Calcium: 45.54mg (4.55%), Phosphorus: 44.34mg (4.43%), Copper: 0.09mg (4.32%), Vitamin B3: 0.86mg (4.29%), Vitamin B5: 0.24mg (2.37%), Zinc: 0.29mg (1.91%), Selenium: 0.95µg (1.35%)