



Green Bean, Watercress and Walnut Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



149 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups cherry tomatoes halved
- ☐ 1.5 tablespoons dijon mustard
- ☐ 1 tablespoon parsley fresh minced
- ☐ 3 cups green beans trimmed halved
- ☐ 0.5 cup walnut oil
- ☐ 0.3 cup red wine vinegar
- ☐ 4 bunches watercress trimmed
- ☐ 6 ounces walnuts toasted coarsely chopped

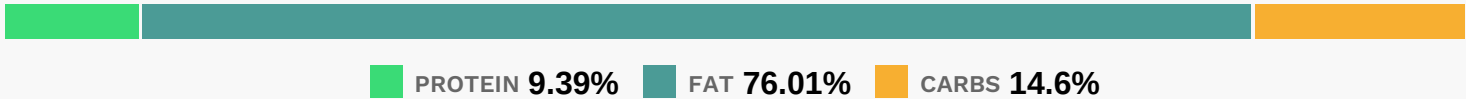
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Cook beans in large pot of boiling salted water until crisp-tender, about 4 minutes.
- ☐ Drain.
- ☐ Transfer beans to large bowl of ice water to cool.
- ☐ Drain; pat dry.
- ☐ Whisk vinegar, mustard and parsley in small bowl to blend. Gradually whisk in oil. Season with salt and pepper. (Can be made 1 day ahead. Cover beans and vinaigrette separately; chill. Rewhisk before using.)
- ☐ Combine beans, watercress, walnuts and tomatoes in large bowl. Toss with enough vinaigrette to coat. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:16.2, Glycemic Load:0.92, Inflammation Score:-6, Nutrition Score:9.4613044469253%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 148.52kcal (7.43%), Fat: 13.46g (20.7%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 3.47g (1.26%), Sugar: 2.13g (2.37%), Cholesterol: 0mg (0%), Sodium: 34.33mg (1.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.48%), Vitamin K: 47.2µg (44.95%), Manganese: 0.71mg (35.63%),

Vitamin C: 14.21mg (17.23%), Copper: 0.32mg (16.03%), Vitamin A: 694.79IU (13.9%), Magnesium: 40.76mg (10.19%), Fiber: 2.35g (9.39%), Phosphorus: 86.79mg (8.68%), Vitamin B6: 0.17mg (8.52%), Folate: 32.13µg (8.03%), Vitamin B1: 0.11mg (7.11%), Potassium: 234.29mg (6.69%), Iron: 1.09mg (6.08%), Vitamin B2: 0.08mg (4.63%), Calcium: 45.67mg (4.57%), Zinc: 0.67mg (4.45%), Vitamin E: 0.5mg (3.33%), Vitamin B3: 0.59mg (2.95%), Selenium: 2µg (2.86%), Vitamin B5: 0.24mg (2.39%)