



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

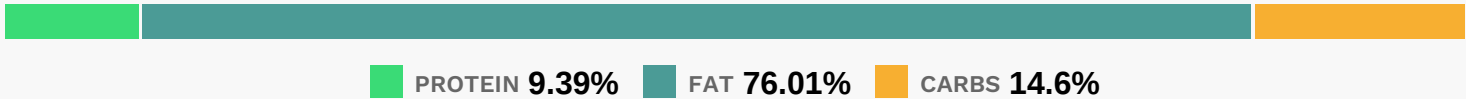
Equipment

- ☐ 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%)