



Green Beans and Red Onion with Warm Mustard Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



71 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 1.5 pounds green beans trimmed
- ☐ 1 cup onion red vertically sliced
- ☐ 3 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt

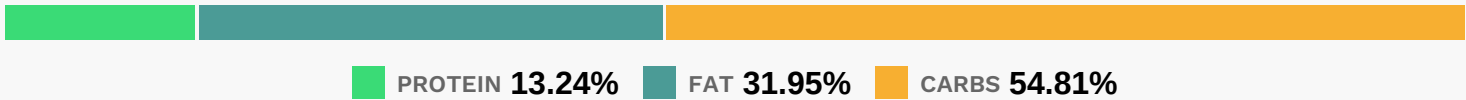
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Cook green beans in boiling water for 6 minutes or until crisp-tender, and drain.
- ☐ Combine the green beans and onion in a large bowl.
- ☐ Heat a small saucepan over medium heat.
- ☐ Add vinegar, Dijon mustard, olive oil, salt, and black pepper; cook over medium heat 30 seconds or until thoroughly heated, stirring vinaigrette constantly with a whisk.
- ☐ Drizzle vinaigrette over bean mixture; toss well to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:2.8, Inflammation Score:-7, Nutrition Score:9.0586956687596%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg

Nutrients (% of daily need)

Calories: 71.13kcal (3.56%), Fat: 2.78g (4.28%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 10.73g (3.58%), Net Carbohydrates: 6.98g (2.54%), Sugar: 4.9g (5.44%), Cholesterol: 0mg (0%), Sodium: 160.43mg (6.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.19%), Vitamin K: 50.48µg (48.08%), Vitamin C: 15.87mg (19.23%), Vitamin A: 786.99IU (15.74%), Manganese: 0.31mg (15.73%), Fiber: 3.75g (15%), Folate: 42.85µg (10.71%), Vitamin B6: 0.2mg (9.78%), Magnesium: 33.86mg (8.47%), Potassium: 289.78mg (8.28%), Vitamin B1: 0.11mg (7.65%), Vitamin B2: 0.13mg (7.56%), Iron: 1.36mg (7.55%), Phosphorus: 56.96mg (5.7%), Vitamin E: 0.82mg (5.5%),

Calcium: 52.14mg (5.21%), Copper: 0.09mg (4.71%), Vitamin B3: 0.89mg (4.46%), Selenium: 2.52µg (3.6%), Vitamin B5: 0.3mg (3.04%), Zinc: 0.35mg (2.35%)