



Green Beans in Chunky Tomato Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



114 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 pound green beans fresh
- ☐ 0.8 teaspoon marjoram fresh minced
- ☐ 1 teaspoon thyme leaves fresh minced
- ☐ 0.3 cup green onions minced
- ☐ 2 tablespoons olive oil
- ☐ 0.8 teaspoon oregano fresh minced

- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 3 tablespoons red wine vinegar
- ☐ 0.5 teaspoon sugar
- ☐ 1.5 pounds tomatoes peeled seeded finely chopped

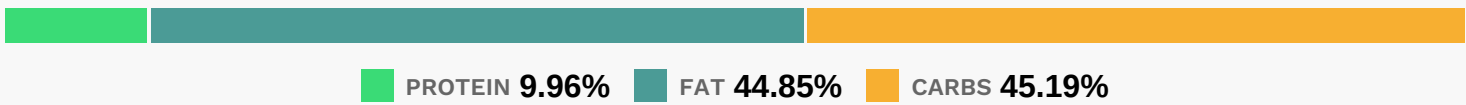
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 7 ingredients in a medium bowl; toss well.
- ☐ Combine vinegars, oil, and sugar, stirring well with a wire whisk.
- ☐ Pour over tomato mixture; toss gently.
- ☐ Let stand at room temperature 1 hour.
- ☐ Wash beans; trim ends, and remove strings.
- ☐ Cut into 2-inch pieces. Arrange beans in a vegetable steamer over boiling water. Cover and steam 5 to 7 minutes or until crisp-tender; drain.
- ☐ Place green beans in a large bowl.
- ☐ Add tomato mixture to green beans, and toss gently. Cover; chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:84.02, Glycemic Load:4.11, Inflammation Score:-9, Nutrition Score:13.226521486821%

Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

3.8mg

Nutrients (% of daily need)

Calories: 114.02kcal (5.7%), Fat: 6.11g (9.39%), Saturated Fat: 0.87g (5.41%), Carbohydrates: 13.84g (4.61%), Net Carbohydrates: 9.43g (3.43%), Sugar: 8.02g (8.91%), Cholesterol: 0mg (0%), Sodium: 15.5mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.1%), Vitamin K: 67.33µg (64.13%), Vitamin C: 31.43mg (38.1%), Vitamin A: 1856.08IU (37.12%), Manganese: 0.4mg (20.22%), Fiber: 4.42g (17.66%), Potassium: 546.61mg (15.62%), Folate: 54.74µg (13.69%), Vitamin E: 2mg (13.33%), Vitamin B6: 0.25mg (12.26%), Magnesium: 41.58mg (10.39%), Iron: 1.69mg (9.4%), Vitamin B1: 0.13mg (8.56%), Copper: 0.16mg (7.8%), Vitamin B3: 1.53mg (7.63%), Vitamin B2: 0.13mg (7.54%), Phosphorus: 72.1mg (7.21%), Calcium: 60.46mg (6.05%), Vitamin B5: 0.34mg (3.35%), Zinc: 0.5mg (3.3%)