



Green Beans Niçoise



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



73 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons dijon mustard
- ☐ 2 pounds green beans trimmed
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons olives ripe chopped
- ☐ 0.8 pound plum tomatoes chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shallots minced

☐ 0.3 cup water

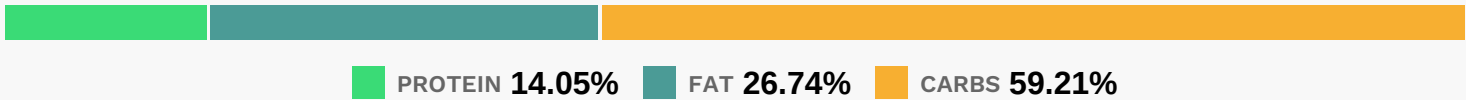
Equipment

☐ sauce pan

Directions

- ☐ Place beans into a large saucepan of boiling water; cook 5 minutes.
- ☐ Drain and plunge beans into ice water; drain.
- ☐ Combine tomato and remaining ingredients; pour the mixture over beans, and toss to coat.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:3.27, Inflammation Score:-7, Nutrition Score:10.455652221389%

Flavonoids

Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 73.3kcal (3.66%), Fat: 2.45g (3.77%), Saturated Fat: 0.36g (2.23%), Carbohydrates: 12.2g (4.07%), Net Carbohydrates: 8.03g (2.92%), Sugar: 6.01g (6.67%), Cholesterol: 0mg (0%), Sodium: 201.7mg (8.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.79%), Vitamin K: 53.34µg (50.8%), Vitamin C: 20.87mg (25.29%), Vitamin A: 1146.01IU (22.92%), Manganese: 0.34mg (17.2%), Fiber: 4.16g (16.66%), Vitamin B6: 0.25mg (12.32%), Folate: 48.97µg (12.24%), Potassium: 393.67mg (11.25%), Magnesium: 37.18mg (9.3%), Iron: 1.52mg (8.43%), Vitamin B1: 0.12mg (8.02%), Vitamin B2: 0.13mg (7.64%), Vitamin E: 1.03mg (6.89%), Phosphorus: 63.9mg (6.39%), Copper: 0.12mg (6.07%), Vitamin B3: 1.13mg (5.63%), Calcium: 54.06mg (5.41%), Vitamin B5: 0.34mg (3.4%), Zinc: 0.41mg (2.76%), Selenium: 1.3µg (1.86%)