



## Green Beans with Goat Cheese, Tomatoes, and Almonds

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



21 min.

SERVINGS



8

CALORIES



166 kcal

SIDE DISH

### Ingredients

- 0.5 cup almonds sliced
- 1 pint cherry tomatoes halved
- 2 garlic clove minced
- 2 pounds haricots verts trimmed (tiny green beans)
- 2 tablespoons juice of lemon fresh
- 0.3 cup olive oil
- 0.5 teaspoon pepper

- 0.8 teaspoon salt
- 2 shallots thinly sliced
- 3 tablespoons sherry vinegar

## Equipment

- bowl
- frying pan
- oven
- whisk

## Directions

- Preheat oven to 35
- Bake almonds in a single layer in a shallow pan 6 to 8 minutes or until lightly toasted and fragrant, stirring halfway through.
- Cook green beans in boiling salted water to cover 6 to 8 minutes or until crisp-tender; drain. Plunge beans into ice water to stop the cooking process; drain.
- Whisk together vinegar and next 3 ingredients in a large bowl; add olive oil in a slow, steady stream, whisking constantly until blended and smooth.
- Add cherry tomatoes, shallots, garlic, and green beans; toss to coat.
- Top green bean mixture with crumbled goat cheese and toasted almonds.
- \*White wine vinegar may be substituted.

## Nutrition Facts



**PROTEIN 9.14%** **FAT 61.41%** **CARBS 29.45%**

## Properties

Glycemic Index:18.5, Glycemic Load:2.62, Inflammation Score:-8, Nutrition Score:13.093478161356%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg,

Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg  
Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.54mg, Hesperetin:  
0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg,  
Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg,  
Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin:  
0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg  
Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.56mg, Quercetin: 3.56mg,  
Quercetin: 3.56mg, Quercetin: 3.56mg

## **Nutrients (% of daily need)**

Calories: 166.48kcal (8.32%), Fat: 12.21g (18.78%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 13.17g (4.39%), Net  
Carbohydrates: 8.72g (3.17%), Sugar: 6.01g (6.68%), Cholesterol: 0mg (0%), Sodium: 232.95mg (10.13%), Alcohol:  
0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.18%), Vitamin K: 56.1µg (53.43%), Vitamin C: 29.53mg (35.8%),  
Manganese: 0.49mg (24.44%), Vitamin E: 3.57mg (23.83%), Vitamin A: 1072.96IU (21.46%), Fiber: 4.45g (17.81%),  
Magnesium: 51.37mg (12.84%), Folate: 50.56µg (12.64%), Potassium: 442.09mg (12.63%), Vitamin B6: 0.25mg  
(12.37%), Vitamin B2: 0.2mg (11.73%), Iron: 1.96mg (10.91%), Copper: 0.19mg (9.63%), Phosphorus: 93.15mg (9.32%),  
Vitamin B1: 0.13mg (8.82%), Calcium: 68.94mg (6.89%), Vitamin B3: 1.38mg (6.89%), Vitamin B5: 0.39mg (3.88%),  
Zinc: 0.57mg (3.82%), Selenium: 1.4µg (2.01%)