



Green Beans with Red Onion and Mustard Seed Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



100 kcal

SIDE DISH

Ingredients

- ☐ 1.5 lb green beans trimmed
- ☐ 2 tablespoons mustard seeds
- ☐ 3 tablespoons olive oil
- ☐ 1 medium onion red thinly sliced
- ☐ 0.3 cup red-wine vinegar
- ☐ 1 tablespoon sugar

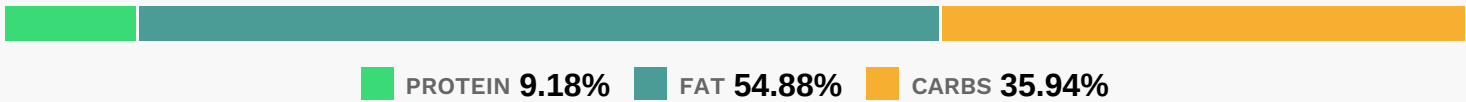
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ colander

Directions

- ☐ Heat 1 tablespoon oil in a heavy skillet over moderate heat until hot but not smoking, then cook mustard seeds, stirring, until they pop and are 1 shade darker, about 2 minutes.
- ☐ Transfer oil with seeds to a large bowl.
- ☐ Simmer vinegar and sugar in a small saucepan, stirring, until sugar is dissolved, then cool 5 minutes.
- ☐ Heat remaining 2 tablespoons oil in cleaned skillet over moderately high heat until hot but not smoking, then cook onion, stirring, until golden brown, 8 to 10 minutes.
- ☐ Remove from heat and stir in vinegar, then add to mustard oil in large bowl.
- ☐ Have ready a large bowl of ice and cold water.
- ☐ Cook beans in a pot of boiling salted water until crisp-tender, about 5 minutes.
- ☐ Drain in a colander and plunge into ice water to stop cooking, then drain well.
- ☐ Toss beans with vinaigrette and salt and pepper to taste.
- ☐ Serve at room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:17.89, Glycemic Load:3, Inflammation Score:-6, Nutrition Score:7.8113043204598%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg

Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 99.91kcal (5%), Fat: 6.45g (9.93%), Saturated Fat: 0.83g (5.17%), Carbohydrates: 9.51g (3.17%), Net Carbohydrates: 6.64g (2.41%), Sugar: 5.04g (5.6%), Cholesterol: 0mg (0%), Sodium: 6.93mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Vitamin K: 39.93µg (38.03%), Vitamin C: 11.64mg (14.11%), Manganese: 0.27mg (13.67%), Vitamin A: 587.96IU (11.76%), Fiber: 2.87g (11.46%), Selenium: 6.31µg (9.02%), Folate: 35.13µg (8.78%), Vitamin E: 1.25mg (8.31%), Magnesium: 33.21mg (8.3%), Vitamin B6: 0.15mg (7.37%), Iron: 1.23mg (6.85%), Vitamin B1: 0.1mg (6.55%), Potassium: 223.79mg (6.39%), Phosphorus: 59.87mg (5.99%), Vitamin B2: 0.1mg (5.86%), Calcium: 42.61mg (4.26%), Copper: 0.08mg (4.14%), Vitamin B3: 0.77mg (3.85%), Zinc: 0.4mg (2.65%), Vitamin B5: 0.23mg (2.31%)