



Green Beans with Salumi Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



228 kcal

SIDE DISH

Ingredients



1 garlic clove



1 pound green beans trimmed



0.3 teaspoon ground coriander



4 servings kosher salt



1 teaspoon juice of lemon fresh



1 teaspoon lemon zest finely grated



6 tablespoons olive oil divided



1.5 teaspoon paprika

☐ 0.3 cup red wine vinegar

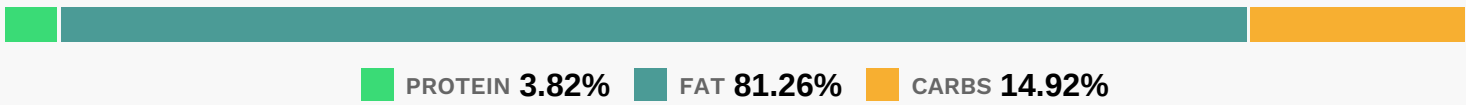
Equipment

☐ blender

Directions

- ☐ Blend garlic, salumi, vinegar, paprika,lemon zest, lemon juice, and corianderin a blender, scraping down sides asneeded, until very smooth. With motorrunning, slowly add 4 tablespoons oil and2 tablespoons water and blend until combined;season vinaigrette with salt.
- ☐ Heat remaining 2 tablespoons oil in a largesillet over medium–high heat.
- ☐ Add beansand cook, tossing often, until tender andbrowned in spots, 10–12 minutes.
- ☐ Add1–2 tablespoons vinaigrette (reserve remainingvinaigrette for another use) and tossto coat.
- ☐ DO AHEAD: Vinaigrette can be made4 days ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:2.32, Inflammation Score:–7, Nutrition Score:10.222608742507%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 227.75kcal (11.39%), Fat: 21.38g (32.89%), Saturated Fat: 2.97g (18.58%), Carbohydrates: 8.83g (2.94%), Net Carbohydrates: 5.38g (1.96%), Sugar: 3.83g (4.26%), Cholesterol: 0mg (0%), Sodium: 202.93mg (8.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Vitamin K: 62.02µg (59.06%), Vitamin E: 3.71mg (24.74%), Vitamin A: 1152.24IU (23.04%), Vitamin C: 15.31mg (18.55%), Manganese: 0.28mg (13.97%), Fiber: 3.45g

(13.79%), Folate: 38.13µg (9.53%), Vitamin B6: 0.19mg (9.33%), Iron: 1.55mg (8.62%), Magnesium: 31.04mg (7.76%), Potassium: 269.12mg (7.69%), Vitamin B2: 0.13mg (7.58%), Vitamin B1: 0.1mg (6.52%), Phosphorus: 48.46mg (4.85%), Calcium: 47.89mg (4.79%), Vitamin B3: 0.92mg (4.59%), Copper: 0.09mg (4.47%), Vitamin B5: 0.28mg (2.82%), Zinc: 0.33mg (2.17%), Selenium: 0.87µg (1.25%)