



Green Beans with Sesame Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



120 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons dijon mustard
- ☐ 1.5 lb green beans trimmed
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon asian sesame oil
- ☐ 2 tablespoons sesame seed toasted
- ☐ 1 tablespoon white-wine vinegar

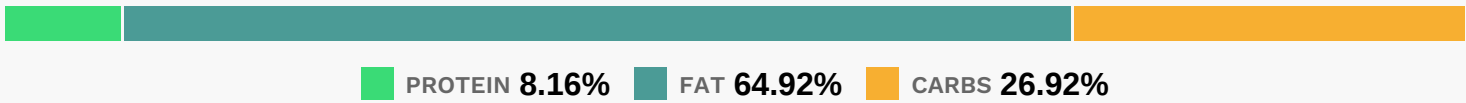
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ colander

Directions

- ☐ Cook beans in a 6- to 8-quart pot of boiling salted water, uncovered, until crisp-tender, 4 to 5 minutes.
- ☐ Drain in a colander and immediately transfer to a bowl of ice and cold water to stop cooking. When beans are cool, drain and pat dry.
- ☐ Whisk together oils, vinegar, mustard, salt, and pepper in a large bowl until combined well, then add beans and sesame seeds and toss to coat.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:2.35, Inflammation Score:-6, Nutrition Score:9.5878260135651%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 119.91kcal (6%), Fat: 9.3g (14.31%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 8.68g (2.89%), Net Carbohydrates: 5.21g (1.89%), Sugar: 3.73g (4.14%), Cholesterol: 0mg (0%), Sodium: 219.58mg (9.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.26%), Vitamin K: 53.23µg (50.69%), Vitamin C: 13.85mg (16.79%), Manganese: 0.33mg (16.49%), Vitamin A: 784.33IU (15.69%), Fiber: 3.47g (13.88%), Folate: 40.14µg (10.03%), Vitamin E: 1.5mg (9.97%), Magnesium: 38.76mg (9.69%), Copper: 0.19mg (9.49%), Iron: 1.64mg (9.13%), Vitamin B6: 0.18mg (9.12%), Vitamin B1: 0.12mg (7.82%), Vitamin B2: 0.13mg (7.4%), Potassium: 256.44mg (7.33%), Calcium: 69.72mg (6.97%), Phosphorus: 62mg (6.2%), Vitamin B3: 0.96mg (4.82%), Zinc: 0.49mg (3.28%), Selenium: 2.17µg

(3.1%), Vitamin B5: 0.26mg (2.63%)