



HEALTH SCORE

60%

Green Beans with Sweet Onion Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



8

CALORIES



84 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon grainy dijon mustard
- ☐ 0.3 cup flat-leaf parsley finely chopped
- ☐ 2.5 pounds green beans trimmed
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 tablespoon red-wine vinegar
- ☐ 1 cup onion sweet finely chopped

Equipment

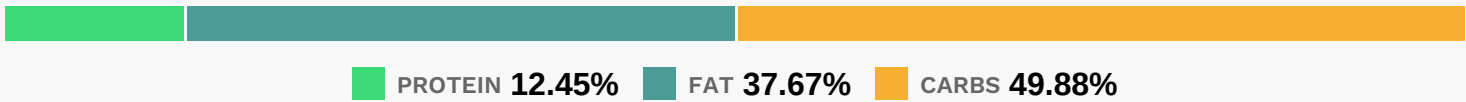
- ☐ bowl

- ☐ whisk
- ☐ pot

Directions

- ☐ Stir together onion, vinegar, mustard, 3/4 teaspoon salt, and 1/2 teaspoon pepper in a large bowl. Marinate about 10 minutes.
- ☐ Meanwhile, cook beans in a large pot of well-salted boiling water, uncovered, until just tender, about 6 minutes.
- ☐ Transfer to a large ice bath to stop cooking.
- ☐ Drain and pat dry.
- ☐ Whisk oil and parsley into onion mixture, then toss with beans.
- ☐ Artezín Mendocino
- ☐ Zinfandel '07 orChâteau de Chamirey
- ☐ Mercurey Rouge '07
- ☐ Beans can be cooked 1 day ahead and chilled in a sealable bag. Bring to room temperature, then toss with vinaigrette just before serving.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:2.81, Inflammation Score:-8, Nutrition Score:12.801739267681%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg

Nutrients (% of daily need)

Calories: 83.68kcal (4.18%), Fat: 3.91g (6.02%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 11.65g (3.88%), Net Carbohydrates: 7.48g (2.72%), Sugar: 5.67g (6.3%), Cholesterol: 0mg (0%), Sodium: 32.35mg (1.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.82%), Vitamin K: 104.15µg (99.19%), Vitamin C: 21.6mg (26.18%),

Vitamin A: 1190.19IU (23.8%), Manganese: 0.33mg (16.7%), Fiber: 4.17g (16.68%), Folate: 55.31µg (13.83%), Vitamin B6: 0.23mg (11.47%), Magnesium: 39.46mg (9.87%), Potassium: 340.32mg (9.72%), Iron: 1.72mg (9.58%), Vitamin B2: 0.16mg (9.12%), Vitamin B1: 0.13mg (8.68%), Vitamin E: 1.11mg (7.43%), Phosphorus: 62.89mg (6.29%), Calcium: 61.23mg (6.12%), Copper: 0.11mg (5.72%), Vitamin B3: 1.11mg (5.55%), Vitamin B5: 0.35mg (3.54%), Zinc: 0.41mg (2.7%), Selenium: 1.59µg (2.27%)