



## Green Beans With Tangy Mustard Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



168 kcal

SIDE DISH

### Ingredients

- 1 tablespoon balsamic vinegar
- 1 tablespoon dijon mustard country-style
- 12 oz green beans fresh
- 1 tablespoon honey
- 0.3 cup olive oil
- 0.3 teaspoon pepper
- 0.3 teaspoon salt

### Equipment

bowl

whisk

## Directions

Whisk together first 6 ingredients in a small bowl until well blended.

Prepare green beans according to package directions. Toss green beans with desired amount of dressing.

\*1 (12-oz.) package frozen cut green beans may be substituted. For testing purposes only, we used Birds Eye Steamfresh Fresh Frozen

Cut Green Beans.

Kitchen Express: Omit olive oil, vinegar, and next 3 ingredients. Stir together mustard and 1/2 cup bottled balsamic vinaigrette. Proceed with recipe as directed in Step

## Nutrition Facts



## Properties

Glycemic Index:53.07, Glycemic Load:4.29, Inflammation Score:-5, Nutrition Score:7.1982608618944%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

## Nutrients (% of daily need)

Calories: 167.79kcal (8.39%), Fat: 13.82g (21.26%), Saturated Fat: 1.92g (11.98%), Carbohydrates: 11.21g (3.74%), Net Carbohydrates: 8.71g (3.17%), Sugar: 7.73g (8.59%), Cholesterol: 0mg (0%), Sodium: 193.12mg (8.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.53%), Vitamin K: 44.96µg (42.82%), Vitamin E: 2.31mg (15.38%), Vitamin C: 10.42mg (12.63%), Vitamin A: 590.18IU (11.8%), Manganese: 0.23mg (11.25%), Fiber: 2.5g (10%), Folate: 28.45µg (7.11%), Vitamin B6: 0.12mg (6.21%), Magnesium: 23.86mg (5.97%), Iron: 1.08mg (5.97%), Potassium: 194.11mg (5.55%), Vitamin B2: 0.09mg (5.48%), Vitamin B1: 0.08mg (5.13%), Phosphorus: 37.54mg (3.75%), Calcium: 36mg (3.6%), Copper: 0.07mg (3.31%), Vitamin B3: 0.65mg (3.27%), Selenium: 1.83µg (2.62%), Vitamin B5: 0.21mg (2.08%), Zinc: 0.24mg (1.63%)