



WHATSheATE



Green Beans with Toasted Walnuts and Dried-Cherry Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



169 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cherries dried
- ☐ 1.5 teaspoons kosher salt
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 1.5 pounds haricots verts trimmed (such as haricots verts)
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon pepper black (for sprinkling)
- ☐ 0.3 cup shallots minced

- ☐ 3 tablespoons sherry vinegar
- ☐ 1 teaspoon sugar
- ☐ 0.5 cup walnuts toasted chopped

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ ziploc bags

Directions

- ☐ Whisk first 6 ingredients and 1/2 teaspoonpepper in small bowl.
- ☐ Mix in dried cherries;set aside. DO AHEAD: Vinaigrette can bemade 1 day ahead. Cover; chill. Bring toroom temperature; rewhisk before using.
- ☐ Fill large bowl with water and ice; setaside. Cook green beans in large pot ofboiling salted water until crisp-tender, 3 to4 minutes.
- ☐ Drain.
- ☐ Transfer to bowl with icewater; cool.
- ☐ Drain. DO AHEAD: Can be made 1day ahead. Wrap in paper towels; enclose inresealable plastic bag and chill.
- ☐ Let stand atroom temperature 1 hour before continuing.
- ☐ Toss green beans, walnuts, andvinaigrette in large bowl. DO AHEAD: Canbe made 2 hours ahead.
- ☐ Let stand at roomtemperature.
- ☐ Transfer to platter and serve.

Nutrition Facts



 PROTEIN 6.78%  FAT 70.27%  CARBS 22.95%

Properties

Glycemic Index:27.51, Glycemic Load:2.72, Inflammation Score:-6, Nutrition Score:9.0443478304407%

Flavonoids

Cyanidin: 1.94mg, Cyanidin: 1.94mg, Cyanidin: 1.94mg, Cyanidin: 1.94mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 168.65kcal (8.43%), Fat: 13.99g (21.53%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 10.29g (3.43%), Net Carbohydrates: 6.93g (2.52%), Sugar: 4.98g (5.53%), Cholesterol: 0mg (0%), Sodium: 443.51mg (19.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.07%), Vitamin K: 42.59µg (40.56%), Manganese: 0.5mg (25.03%), Vitamin C: 12.09mg (14.65%), Fiber: 3.35g (13.42%), Vitamin A: 646.16IU (12.92%), Vitamin E: 1.71mg (11.37%), Folate: 40.26µg (10.07%), Vitamin B6: 0.2mg (9.9%), Copper: 0.19mg (9.69%), Magnesium: 36.97mg (9.24%), Iron: 1.38mg (7.68%), Potassium: 268.55mg (7.67%), Vitamin B1: 0.1mg (6.89%), Phosphorus: 66.3mg (6.63%), Vitamin B2: 0.11mg (6.29%), Calcium: 47.32mg (4.73%), Vitamin B3: 0.76mg (3.79%), Zinc: 0.49mg (3.28%), Vitamin B5: 0.28mg (2.79%), Selenium: 1µg (1.42%)