



Grilled Potato-Green Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



71 kcal

SIDE DISH

Ingredients

- 1.5 cups green beans frozen
- 1 lb baby potatoes refrigerated
- 0.5 cup salad dressing french
- 0.5 cup onion red
- 1 teaspoon parsley fresh chopped

Equipment

- bowl
- grill

microwave

Directions

Heat grill.

Place green beans in medium microwave-safe bowl with 1 tablespoon water. Microwave on HIGH for 4 to 6 minutes or until crisp-tender; drain. Set aside.

Place potatoes in large bowl.

Add 1 tablespoon of the salad dressing; toss to coat. Spoon potatoes into grill basket.

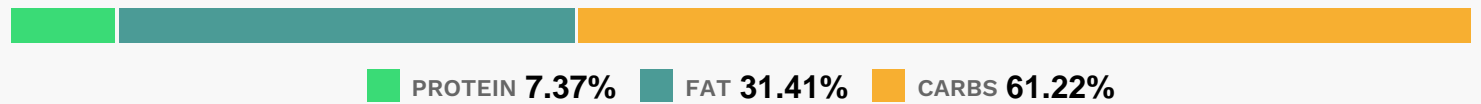
When ready to grill, place grill basket on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 15 to 20 minutes or until potatoes are tender, stirring occasionally. During last 5 minutes of cooking time, stir onion into potatoes.

In large bowl, combine cooked green beans, potatoes, onion and remaining salad dressing; mix well.

Sprinkle with parsley.

Serve immediately, or cover and refrigerate 1 hour to chill before serving.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:6.29, Inflammation Score:-3, Nutrition Score:4.023478269577%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 71.45kcal (3.57%), Fat: 2.56g (3.95%), Saturated Fat: 0.37g (2.31%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 9.66g (3.51%), Sugar: 2.5g (2.78%), Cholesterol: 0mg (0%), Sodium: 120.71mg (5.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.71%), Vitamin C: 11.6mg (14.06%), Vitamin K: 14.73µg (14.03%), Vitamin B6: 0.17mg (8.71%), Potassium: 247.38mg (7.07%), Fiber: 1.58g (6.32%), Manganese: 0.12mg (5.95%),

Magnesium: 15.95mg (3.99%), Vitamin B1: 0.06mg (3.72%), Phosphorus: 36.21mg (3.62%), Folate: 14.24µg (3.56%), Copper: 0.07mg (3.29%), Iron: 0.57mg (3.18%), Vitamin B3: 0.62mg (3.12%), Vitamin A: 119.99IU (2.4%), Vitamin E: 0.33mg (2.21%), Vitamin B2: 0.03mg (1.99%), Vitamin B5: 0.18mg (1.81%), Calcium: 14.93mg (1.49%), Zinc: 0.19mg (1.29%)