



Haricot Vert, Edamame, and Purple-Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



16

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 1 lb edamame in the pod or fresh shelled (soybeans)
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 3 lb regular green beans french thin (green beans)
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 3 lb potatoes red boiling (preferably purple or fingerling)
- ☐ 0.3 cup shallots minced

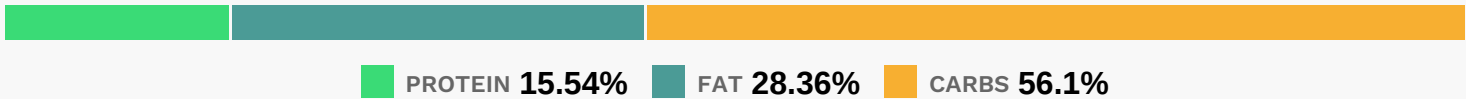
Equipment

- ☐ bowl
- ☐ pot
- ☐ ziploc bags
- ☐ slotted spoon

Directions

- ☐ Have ready a large bowl of ice and cold water. Boil edamame or fava beans in a large pot of boiling salted water until crisp-tender, 1 to 3 minutes.
- ☐ Transfer with a slotted spoon to ice water. Shell edamame, or peel tough outer skins from fava beans.
- ☐ Bring potatoes and enough salted water to cover by 1 1/2 inches to a boil and cook at a bare simmer until almost tender, 15 to 20 minutes. (Potatoes will continue to cook a bit after being removed from water. Be careful not to overcook or potatoes will break apart when sliced.)
- ☐ Transfer with a slotted spoon to ice water to cool.
- ☐ Drain well.
- ☐ While potatoes are cooking, trim haricots verts and halve diagonally crosswise. Cook in 2 batches in a large pot of boiling salted water until just tender, 3 to 4 minutes (regular green beans will take longer to cook).
- ☐ Transfer to ice water to cool.
- ☐ Drain well.
- ☐ Just before serving, cut potatoes into 1/3-inch-thick slices and toss all ingredients together in a large bowl with salt and pepper to taste.
- ☐ • Vegetables may be cooked 1 day ahead and chilled separately in sealable plastic bags. Do not slice potatoes until just before serving.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:1.82, Inflammation Score:-7, Nutrition Score:13.769565120987%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg 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: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 153.47kcal (7.67%), Fat: 5.17g (7.95%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 22.99g (7.66%), Net Carbohydrates: 17.6g (6.4%), Sugar: 4.78g (5.31%), Cholesterol: 0mg (0%), Sodium: 22.84mg (0.99%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 6.37g (12.73%), Vitamin K: 48.67µg (46.35%), Folate: 133.6µg (33.4%), Manganese: 0.61mg (30.65%), Vitamin C: 19.94mg (24.17%), Fiber: 5.39g (21.56%), Potassium: 706.41mg (20.18%), Vitamin B6: 0.31mg (15.33%), Magnesium: 59.46mg (14.86%), Copper: 0.28mg (13.8%), Phosphorus: 134.84mg (13.48%), Vitamin B1: 0.2mg (13.21%), Vitamin A: 622.81IU (12.46%), Iron: 2.24mg (12.44%), Vitamin B2: 0.16mg (9.49%), Vitamin B3: 1.88mg (9.4%), Vitamin E: 1.04mg (6.92%), Calcium: 60.94mg (6.09%), Zinc: 0.9mg (5.97%), Vitamin B5: 0.55mg (5.54%), Selenium: 0.98µg (1.4%)