



Haricots Verts and Mustard Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



50 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons cider vinegar
- ☐ 16 ounce microwave-in-a-bag haricots verts fresh
- ☐ 0.3 teaspoon kosher salt
- ☐ 1.5 teaspoons olive oil
- ☐ 1 teaspoon mustard stone-ground

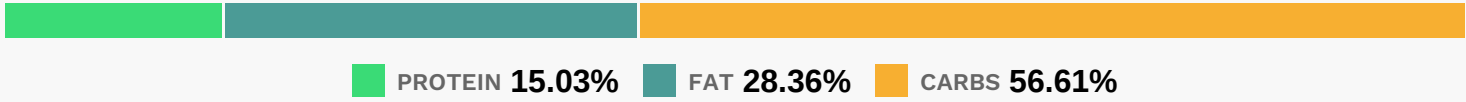
Equipment

- ☐ bowl

Directions

- ☐ Cook haricots verts according to package directions.
- ☐ Combine olive oil, vinegar, mustard, kosher salt, and freshly ground black pepper in a medium bowl.
- ☐ Add beans; toss well to coat.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:2.25, Inflammation Score:-6, Nutrition Score:8.0747826099396%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 49.88kcal (2.49%), Fat: 1.8g (2.76%), Saturated Fat: 0.27g (1.68%), Carbohydrates: 8.07g (2.69%), Net Carbohydrates: 4.92g (1.79%), Sugar: 3.72g (4.14%), Cholesterol: 0mg (0%), Sodium: 166.05mg (7.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Vitamin K: 49.89µg (47.51%), Vitamin C: 13.84mg (16.78%), Vitamin A: 784.02IU (15.68%), Manganese: 0.27mg (13.56%), Fiber: 3.15g (12.59%), Folate: 37.53µg (9.38%), Vitamin B6: 0.16mg (8.06%), Magnesium: 29.26mg (7.32%), Vitamin B2: 0.12mg (7%), Potassium: 244.22mg (6.98%), Iron: 1.21mg (6.74%), Vitamin B1: 0.1mg (6.37%), Vitamin E: 0.69mg (4.58%), Phosphorus: 44.79mg (4.48%), Calcium: 43.53mg (4.35%), Vitamin B3: 0.84mg (4.2%), Copper: 0.08mg (4.05%), Vitamin B5: 0.26mg (2.61%), Zinc: 0.28mg (1.89%), Selenium: 1.11µg (1.59%)