



Haricots Verts Salad with Truffle Cream

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



98 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons cup heavy whipping cream
- 1 pound haricots verts fresh washed and trimmed
- 0.5 teaspoon juice of lemon (recommended: ReaLemon)
- 1 pinch salt
- 0.3 cup cup heavy whipping cream sour
- 1 teaspoon truffle oil white

Equipment

- bowl

microwave

Directions

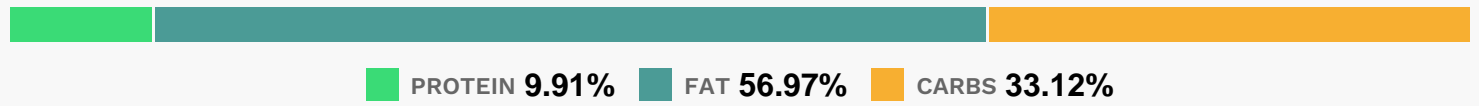
Special Equipment: Microwave safe dish

Place haricots verts in microwave-safe dish and drizzle with water. Microwave on high for 3 to 4 minutes and chill haricots verts in refrigerator for 10 to 15 minutes. In a small bowl, combine sour cream, cream, truffle oil, salt, and lemon juice and mix thoroughly.

Add chilled haricots verts to sour cream mixture and toss to coat.

Serve chilled.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:2.23, Inflammation Score:-7, Nutrition Score:8.6430435491645%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 98.09kcal (4.9%), Fat: 6.75g (10.38%), Saturated Fat: 3.37g (21.07%), Carbohydrates: 8.83g (2.94%), Net Carbohydrates: 5.76g (2.1%), Sugar: 4.42g (4.91%), Cholesterol: 16.96mg (5.65%), Sodium: 23mg (1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.28%), Vitamin K: 49.82µg (47.45%), Vitamin A: 982.29IU (19.65%), Vitamin C: 14.25mg (17.27%), Manganese: 0.25mg (12.33%), Fiber: 3.06g (12.25%), Folate: 38.71µg (9.68%), Vitamin B2: 0.16mg (9.19%), Vitamin B6: 0.17mg (8.43%), Magnesium: 30.35mg (7.59%), Potassium: 265.02mg (7.57%), Iron: 1.19mg (6.62%), Vitamin B1: 0.1mg (6.5%), Calcium: 61.48mg (6.15%), Phosphorus: 58.42mg (5.84%), Vitamin E: 0.73mg (4.89%), Vitamin B3: 0.85mg (4.26%), Copper: 0.08mg (4.09%), Vitamin B5: 0.32mg (3.23%), Zinc: 0.34mg (2.25%), Selenium: 1.44µg (2.05%)