



HEALTH SCORE

71%

Heirloom Tomato and Haricot Vert Salad



Vegetarian



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



214 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 bunch baby arugula
- 1.5 teaspoons balsamic vinegar
- 1 cup cherry tomatoes stemmed cut in half
- 2 tablespoons crème fraîche
- 0.5 small garlic clove
- 0.3 pound haricots verts trimmed thin (green beans)
- 3 tablespoons hazelnut oil
- 0.3 cup hazelnuts toasted

- 1.3 pounds heirloom tomatoes
- 0.5 tsp kosher salt plus more for blanching beans
- 0.5 teaspoon lemon zest
- 3 tablespoons olive oil extra virgin extra-virgin
- 1 tablespoon oregano fresh
- 6 servings bell pepper
- 2.3 teaspoons red wine vinegar
- 6 servings frangelico
- 6 servings frangelico

Equipment

- bowl
- baking sheet
- whisk
- pot
- mortar and pestle
- tongs
- chefs knife

Directions

- Bring a small pot of salted water to boil, then blanch beans for 2 to 3 minutes, until just tender.
- Transfer with tongs to a baking sheet to cool.
- Make balsamic vinaigrette: Using a mortar and pestle, pound oregano, garlic, and a scant 1/4 tsp. salt to a paste (or chop garlic and oregano, sprinkle with the salt, mince, and mash into a paste with the flat side of a chef's knife).
- Transfer to a small bowl and pour in vinegars.
- Whisk in olive oil and taste for balance and seasoning.
- Whisk hazelnut oil, lemon zest, and a couple of pinches of salt and pepper in a small bowl. Finely chop half of hazelnuts and stir into dressing; coarsely chop the rest and stir in.

- Drizzle hazelnut dressing over haricots verts, season with salt and pepper, and toss together.
- Hold heirloom tomatoes on their sides and cut into 1/4-in.-thick slices. Season with salt and pepper. Arrange slices on a large round platter, overlapping them, and spoon on about half the balsamic vinaigrette. Scatter with arugula leaves.
- Stir cherry tomatoes into remaining vinaigrette in bowl and season with salt and pepper. Pile in center of platter, then top with haricots verts. Spoon on a few dollops of crme frache and sprinkle about a third of pistou onto and around salad (serve the rest alongside).
- *Find with the oils in well-stocked grocery stores.

Nutrition Facts

PROTEIN 5.86% **FAT 71.79%** **CARBS 22.35%**

Properties

Glycemic Index:41.33, Glycemic Load:2.53, Inflammation Score:-10, Nutrition Score:19.250434902051%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 3.47mg, Kaempferol: 3.47mg, Kaempferol: 3.47mg, Kaempferol: 3.47mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 214.49kcal (10.72%), Fat: 18.2g (28%), Saturated Fat: 2.2g (13.76%), Carbohydrates: 12.75g (4.25%), Net Carbohydrates: 8.35g (3.04%), Sugar: 7.63g (8.47%), Cholesterol: 2.36mg (0.79%), Sodium: 209.98mg (9.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.68%), Vitamin C: 118.36mg (143.47%), Vitamin A: 3635.27IU (72.71%), Vitamin E: 7.08mg (47.2%), Vitamin K: 40.37µg (38.45%), Manganese: 0.65mg (32.31%), Vitamin B6: 0.39mg (19.37%), Folate: 74.94µg (18.73%), Fiber: 4.4g (17.58%), Potassium: 562.93mg (16.08%), Magnesium: 41.84mg (10.46%), Copper: 0.2mg (10.04%), Iron: 1.68mg (9.36%), Vitamin B1: 0.14mg (9.25%), Vitamin B3: 1.73mg (8.63%), Phosphorus: 80.64mg (8.06%), Vitamin B2: 0.13mg (7.75%), Calcium: 63.82mg (6.38%), Vitamin B5: 0.5mg (5.05%), Zinc: 0.63mg (4.23%)