



Herbed Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



119 kcal

SIDE DISH

Ingredients

- 0.5 cup basil fresh
- 0.5 cup basil fresh
- 1.5 pounds green beans
- 0.3 cup olive oil extra virgin extra-virgin
- 2 red wine vinegar
- 8 servings salt and pepper to taste
- 2 tablespoons shallots finely minced
- 1.5 pounds turtle beans

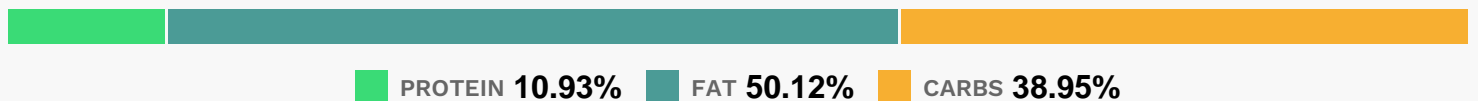
Equipment

- bowl
- pot
- microwave

Directions

- Bring a large pot of salted water to a boil.
- Add the beans and cook until just tender, 4 to 5 minutes.
- Drain and run under cold water to stop the cooking process.
- Drain again and pat dry.
- Place in a large bowl.
- Toss with the shallots and oil. Season with salt and pepper.
- Just before serving, toss beans with the vinegar. Toss with the basil.
- Serve.
- Have plenty of sparkling water and lemons and limes (cut in quarters) on hand. You can pop half a lime in the microwave on high for 10 seconds to make it more pliable. • Making brewed iced tea?
- Let it cool before refrigerating, or it will cloud up.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:2.94, Inflammation Score:-7, Nutrition Score:10.689565236154%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg 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: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 119.19kcal (5.96%), Fat: 7.13g (10.97%), Saturated Fat: 0.98g (6.1%), Carbohydrates: 12.47g (4.16%), Net Carbohydrates: 8.77g (3.19%), Sugar: 2.98g (3.31%), Cholesterol: 0mg (0%), Sodium: 204.57mg (8.89%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.5g (7%), Vitamin K: 53.1µg (50.58%), Vitamin C: 28.98mg (35.12%), Folate: 116µg (29%), Vitamin A: 745.19IU (14.9%), Fiber: 3.7g (14.8%), Magnesium: 46.69mg (11.67%), Manganese: 0.23mg (11.3%), Iron: 1.98mg (10.98%), Potassium: 374.61mg (10.7%), Vitamin E: 1.35mg (8.97%), Calcium: 76.18mg (7.62%), Phosphorus: 67.84mg (6.78%), Vitamin B6: 0.13mg (6.66%), Copper: 0.13mg (6.61%), Vitamin B2: 0.09mg (5.37%), Vitamin B1: 0.07mg (4.82%), Zinc: 0.58mg (3.86%), Vitamin B3: 0.66mg (3.28%), Vitamin B5: 0.2mg (2.05%)