



Herbed Bean Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



119 kcal

SIDE DISH

Ingredients

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

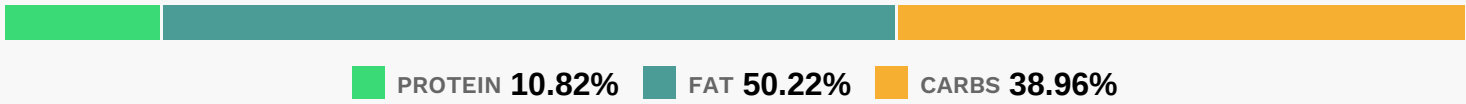
Equipment

- ☐ 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:21.25, Glycemic Load:2.93, Inflammation Score:-7, Nutrition Score:10.220000038976%

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

Nutrients (% of daily need)

Calories: 118.85kcal (5.94%), Fat: 7.12g (10.95%), Saturated Fat: 0.98g (6.09%), Carbohydrates: 12.43g (4.14%), Net Carbohydrates: 8.75g (3.18%), Sugar: 2.97g (3.3%), Cholesterol: 0mg (0%), Sodium: 204.51mg (8.89%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 3.45g (6.9%), Vitamin K: 46.88µg (44.65%), Vitamin C: 28.71mg (34.8%), Folate: 114.98µg (28.75%), Fiber: 3.68g (14.7%), Vitamin A: 666.06IU (13.32%), Magnesium: 45.73mg (11.43%), Iron: 1.93mg (10.72%), Potassium: 370.18mg (10.58%), Manganese: 0.21mg (10.44%), Vitamin E: 1.33mg (8.89%), Calcium: 73.52mg (7.35%), Phosphorus: 67mg (6.7%), Vitamin B6: 0.13mg (6.54%), Copper: 0.13mg (6.32%), Vitamin B2: 0.09mg (5.3%), Vitamin B1: 0.07mg (4.78%), Zinc: 0.57mg (3.78%), Vitamin B3: 0.64mg (3.21%), Vitamin B5: 0.2mg (2.02%)