



HEALTH SCORE

60%

High-wire Haricots Verts



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



12

CALORIES



84 kcal

SIDE DISH

Ingredients



8.3 ounce mandarin orange segents drained canned



0.5 cup dry-roasted peanuts chopped



1 pound green beans fresh trimmed



12 servings ginger-soy vinaigrette



4 radishes thinly sliced



2 medium bell peppers red cut into thin 2-inch strips



1 small onion red thin



1 pound sugar snap peas trimmed

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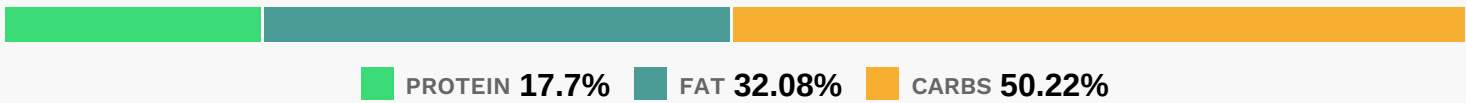
1 medium bell pepper yellow cut into thin 2-inch strips

Equipment

Directions

- ☐ Cook beans and peas in boiling salted water 30 seconds to 1 minute or until crisp-tender; drain. Plunge into ice water to stop the cooking process, and drain well.
- ☐ Add remaining ingredients, tossing to coat. Cover and chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:1.24, Inflammation Score:-8, Nutrition Score:12.717391257701%

Flavonoids

Pelargonidin: 0.84mg, Pelargonidin: 0.84mg, Pelargonidin: 0.84mg, Pelargonidin: 0.84mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 83.54kcal (4.18%), Fat: 3.26g (5.01%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 7.96g (2.9%), Sugar: 5.63g (6.26%), Cholesterol: 0mg (0%), Sodium: 33.23mg (1.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.08%), Vitamin C: 78.46mg (95.1%), Vitamin A: 1568.5IU (31.37%), Vitamin K: 26.73µg (25.46%), Manganese: 0.37mg (18.41%), Fiber: 3.5g (14.01%), Folate: 50.99µg (12.75%), Vitamin B6: 0.23mg (11.36%), Vitamin B1: 0.14mg (9.5%), Magnesium: 36.37mg (9.09%), Vitamin B3: 1.81mg (9.05%), Potassium: 316.73mg (9.05%), Iron: 1.53mg (8.52%), Phosphorus: 71.23mg (7.12%), Copper: 0.13mg (6.34%), Vitamin B2: 0.1mg (6.1%), Vitamin B5: 0.55mg (5.5%), Calcium: 43.9mg (4.39%), Vitamin E: 0.65mg (4.35%), Zinc: 0.51mg (3.4%), Selenium: 1.14µg (1.63%)