



Layered Green Bean-Red Potato Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



415 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds green beans fresh trimmed cut into 1 1/2-inch pieces*
- ☐ 1.5 cups mayonnaise
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 4 pounds potatoes red
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 2 large onions sweet quartered cut into 1/8-inch slices and

- ☐ 1 tablespoon teaspoon tarragon dried fresh finely chopped
- ☐ 0.3 cup citrus champagne vinegar

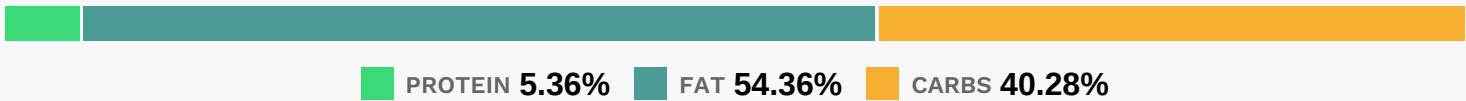
Equipment

- ☐ bowl

Directions

- ☐ Stir together mayonnaise and next 5 ingredients in a small bowl until blended; cover and chill.
- ☐ Bring potatoes and water to cover to a boil over medium-high heat; cook 10 to 15 minutes or until potatoes are fork-tender.
- ☐ Drain potatoes, and let stand 25 minutes at room temperature or until cool.
- ☐ Cut into 1/4-inch-thick slices.
- ☐ Cook green beans in boiling water to cover 3 to 4 minutes or until crisp-tender; drain, and plunge into ice water to stop the cooking process.
- ☐ Drain and pat dry.
- ☐ Layer half of potato slices in a large glass bowl; sprinkle evenly with 1/2 teaspoon salt.
- ☐ Layer half each of green beans and onions over potatoes; spoon half of dressing evenly over top. Repeat layers, ending with dressing. Cover and chill at least 4 hours or up to 24 hours.
- ☐ *2 (12-ounce) bags fresh ready-to-cook trimmed green beans may be substituted.

Nutrition Facts



Properties

Glycemic Index:26.81, Glycemic Load:4.16, Inflammation Score:-7, Nutrition Score:16.954347988834%

Flavonoids

Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 12.65mg, Quercetin: 12.65mg, Quercetin: 12.65mg, Quercetin: 12.65mg

Nutrients (% of daily need)

Calories: 414.95kcal (20.75%), Fat: 25.65g (39.47%), Saturated Fat: 4.04g (25.27%), Carbohydrates: 42.77g (14.26%), Net Carbohydrates: 37.18g (13.52%), Sugar: 11.67g (12.96%), Cholesterol: 14.11mg (4.7%), Sodium: 547.04mg (23.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.69g (11.39%), Vitamin K: 89.57µg (85.3%), Vitamin C: 27.46mg (33.29%), Potassium: 1078.86mg (30.82%), Manganese: 0.52mg (26.06%), Vitamin B6: 0.51mg (25.51%), Fiber: 5.58g (22.33%), Folate: 73.94µg (18.49%), Copper: 0.34mg (17%), Magnesium: 65.98mg (16.5%), Phosphorus: 164.21mg (16.42%), Vitamin B1: 0.24mg (15.67%), Iron: 2.53mg (14.06%), Vitamin B3: 2.74mg (13.68%), Vitamin A: 534.34IU (10.69%), Vitamin E: 1.41mg (9.42%), Vitamin B2: 0.16mg (9.22%), Vitamin B5: 0.78mg (7.83%), Calcium: 68.02mg (6.8%), Zinc: 0.93mg (6.2%), Selenium: 2.47µg (3.54%)