



Long Bean, Cucumber, and Tomato Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



96 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 cherry tomatoes halved
- 2 cucumber english coarsely chopped
- 3 small garlic clove crushed
- 1 tablespoon granulated sugar
- 2.5 ounces green beans trimmed cut into 2 1/2" lengths
- 0.3 lime cut into 3 wedges
- 2 tablespoons juice of lime fresh
- 2 tablespoons peanuts unsalted crushed

- 1 tablespoon shrimp dried
- 2 thai chile dried drained for 2 minutes in warm water,
- 2 tablespoons thai fish sauce (nam pla)

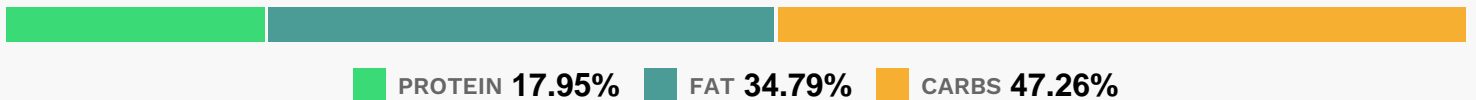
Equipment

- bowl
- ziploc bags
- mortar and pestle

Directions

- Place first 4 ingredients in a clay mortar and pound with a wooden pestle until mashed into a fine paste, about 5 minutes.
- Add shrimp; mash until pulverized and well combined, about 2 minutes. (Alternatively, process in a mini-processor until finely chopped.)
- Add long beans to mortar; lightly crush with pestle to bruise.
- Add cucumber pieces, fish sauce, and lime juice.
- Mix well.
- Add tomatoes, lightly crush, and mix in. (Alternatively, place beans and tomatoes in a resealable plastic bag.
- Roll a rolling pin over bag to bruise vegetables; transfer to a bowl with the cucumber, fish sauce, lime juice, and chile dressing.)
- Let marinate for 10 minutes. Stir in peanuts.

Nutrition Facts



Properties

Glycemic Index:48.27, Glycemic Load:3.08, Inflammation Score:-6, Nutrition Score:8.5234783317732%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 96.41kcal (4.82%), Fat: 4.04g (6.21%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 12.35g (4.12%), Net Carbohydrates: 9.8g (3.56%), Sugar: 7.26g (8.07%), Cholesterol: 5.95mg (1.98%), Sodium: 718.96mg (31.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.38%), Vitamin C: 20.63mg (25%), Manganese: 0.39mg (19.69%), Vitamin K: 19.46µg (18.53%), Magnesium: 56.72mg (14.18%), Potassium: 406.76mg (11.62%), Vitamin B6: 0.23mg (11.42%), Folate: 43.42µg (10.86%), Fiber: 2.54g (10.18%), Copper: 0.2mg (10.14%), Phosphorus: 86.69mg (8.67%), Vitamin B3: 1.64mg (8.21%), Vitamin A: 379.76IU (7.6%), Vitamin B1: 0.09mg (6.1%), Vitamin B5: 0.58mg (5.79%), Iron: 0.98mg (5.45%), Vitamin B2: 0.09mg (5.15%), Calcium: 47.69mg (4.77%), Vitamin E: 0.66mg (4.42%), Zinc: 0.65mg (4.31%), Selenium: 2.26µg (3.23%)