



WHATSheATE



Marinated Green Bean and Potato Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



114 kcal

SIDE DISH

Ingredients



0.5 teaspoon pepper black freshly ground



1 tablespoon olive oil extravirgin



0.5 pound fingerling potatoes halved lengthwise



1 tablespoon parsley fresh minced



0.8 pound green beans trimmed



0.5 teaspoon kosher salt divided



2 center-cut bacon crumbled cooked



0.5 pound turtle beans trimmed

☐ 0.3 cup citrus champagne vinegar divided

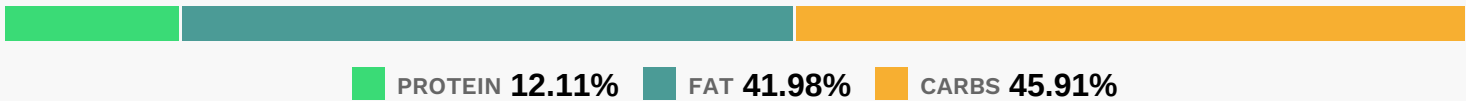
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Cook beans in boiling water 5 minutes or until crisp-tender.
- ☐ Drain and plunge beans into ice water; drain.
- ☐ Place potatoes in a saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 5 minutes or until tender; drain. Return potatoes to pan over medium heat.
- ☐ Add 2 tablespoons vinegar to pan; bring to a boil.
- ☐ Remove from heat.
- ☐ Combine remaining 2 tablespoons vinegar, oil, 1/4 teaspoon salt, and pepper in a small bowl, stirring with a whisk.
- ☐ Drizzle beans with vinegar mixture; toss well to coat.
- ☐ Place beans on a serving platter; arrange potatoes over beans.
- ☐ Sprinkle with remaining 1/4 teaspoon salt, parsley, and bacon.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:36.29, Glycemic Load:6.48, Inflammation Score:-6, Nutrition Score:8.5817391593819%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol:

0.57mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 114.05kcal (5.7%), Fat: 5.49g (8.44%), Saturated Fat: 1.34g (8.37%), Carbohydrates: 13.51g (4.5%), Net Carbohydrates: 10.52g (3.82%), Sugar: 2.15g (2.39%), Cholesterol: 4.84mg (1.61%), Sodium: 251.52mg (10.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.12%), Vitamin K: 37.71µg (35.91%), Vitamin C: 23.24mg (28.17%), Folate: 63.6µg (15.9%), Fiber: 2.99g (11.97%), Potassium: 382.15mg (10.92%), Vitamin B6: 0.21mg (10.6%), Manganese: 0.21mg (10.43%), Vitamin A: 451.76IU (9.04%), Magnesium: 34.98mg (8.74%), Iron: 1.44mg (8.01%), Phosphorus: 69.46mg (6.95%), Vitamin B1: 0.1mg (6.52%), Copper: 0.11mg (5.69%), Vitamin B3: 1.12mg (5.6%), Vitamin B2: 0.08mg (4.59%), Calcium: 45.29mg (4.53%), Vitamin E: 0.61mg (4.07%), Zinc: 0.5mg (3.31%), Vitamin B5: 0.29mg (2.85%), Selenium: 1.94µg (2.77%)