



## Marinated Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



67 kcal

SIDE DISH

### Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1 garlic clove minced
- ☐ 2 pounds green beans trimmed
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 small onion red thinly sliced
- ☐ 1 teaspoon salt
- ☐ 0.5 cup vegetable oil

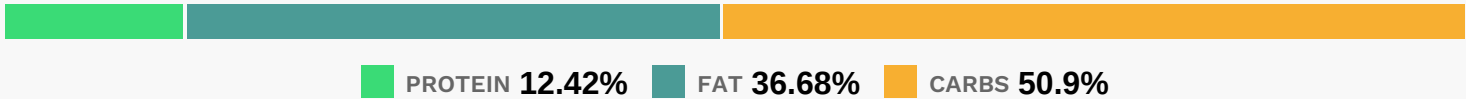
☐ 3 tablespoons vinegar white

## Equipment

## Directions

- ☐ Cook beans in boiling water to cover for 6 minutes or until crisp tender; drain.
- ☐ Plunge in ice water to stop the cooking process; drain and set aside.
- ☐ Combine beans and onion; toss gently.
- ☐ Combine oil through garlic in a jar; cover tightly, and shake vigorously.
- ☐ Pour over bean mixture; toss gently to coat.
- ☐ Cover, and chill 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:31.13, Glycemic Load:2.56, Inflammation Score:-7, Nutrition Score:9.0099999593652%

## Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg

## Nutrients (% of daily need)

Calories: 67.1kcal (3.35%), Fat: 3.02g (4.64%), Saturated Fat: 0.48g (3.01%), Carbohydrates: 9.42g (3.14%), Net Carbohydrates: 6.06g (2.2%), Sugar: 4.3g (4.78%), Cholesterol: 0mg (0%), Sodium: 305.39mg (13.28%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.3g (4.6%), Vitamin K: 62.15µg (59.19%), Vitamin C: 15.64mg (18.95%), Vitamin A: 825.66IU (16.51%), Manganese: 0.28mg (14.22%), Fiber: 3.36g (13.45%), Folate: 40.86µg (10.21%), Vitamin B6: 0.18mg (9.11%), Magnesium: 30.54mg (7.64%), Potassium: 265.57mg (7.59%), Vitamin B2: 0.12mg (7.24%), Iron: 1.26mg (6.97%), Vitamin B1: 0.1mg (6.78%), Phosphorus: 48.96mg (4.9%), Calcium: 47.7mg (4.77%), Vitamin E: 0.7mg (4.65%), Copper: 0.09mg (4.37%), Vitamin B3: 0.86mg (4.31%), Vitamin B5: 0.28mg (2.79%), Zinc: 0.31mg (2.08%), Selenium: 1.05µg (1.5%)