



Marinated Green Beans and Tomatoes with Dill



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup optional: dill dried fresh coarsely chopped
- ☐ 3 pounds green beans fresh trimmed
- ☐ 1 large garlic clove finely chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 small onion red thinly sliced
- ☐ 1.5 teaspoons salt

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1.5 pounds tomatoes cored peeled seeded cut into 1/2-inch pieces (3 large)

Equipment

☐

bowl

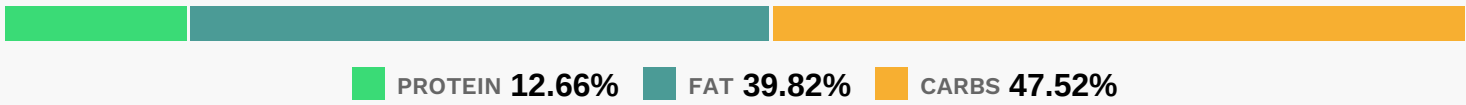
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pot

Directions

- ☐
- Cook beans, covered, in a large pot of lightly salted boiling water over high heat 10 minutes or until crisp-tender.
- ☐
- Place dill and next 3 ingredients in a large heatproof glass bowl.
- ☐
- Drain beans well, and add to dill mixture.
- ☐
- Add olive oil, and toss well.
- ☐
- Add tomato and onion, and toss gently. Cover and refrigerate up to 24 hours.
- ☐
- Remove beans from refrigerator, and let stand, covered, at room temperature 1 hour.
- ☐
- Add 2 tablespoons lemon juice, and toss gently. Taste for seasoning, and add remaining lemon juice, if desired.

Nutrition Facts



Properties

Glycemic Index:17.3, Glycemic Load:3.52, Inflammation Score:-9, Nutrition Score:16.135652282964%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg

Nutrients (% of daily need)

Calories: 121.02kcal (6.05%), Fat: 6.11g (9.41%), Saturated Fat: 0.85g (5.32%), Carbohydrates: 16.42g (5.47%), Net Carbohydrates: 10.99g (4%), Sugar: 6.58g (7.31%), Cholesterol: 0mg (0%), Sodium: 373.14mg (16.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.75%), Vitamin K: 67.33µg (64.12%), Vitamin C: 31.12mg (37.72%), Vitamin A: 1852.66IU (37.05%), Manganese: 0.63mg (31.57%), Iron: 4.53mg (25.19%), Fiber: 5.43g (21.73%), Potassium: 659.36mg (18.84%), Vitamin B6: 0.36mg (18.01%), Magnesium: 69.25mg (17.31%), Calcium: 165.46mg (16.55%), Folate: 57.08µg (14.27%), Vitamin E: 1.71mg (11.41%), Vitamin B1: 0.17mg (11.05%), Phosphorus: 102.73mg (10.27%), Vitamin B2: 0.17mg (10.23%), Copper: 0.17mg (8.42%), Vitamin B3: 1.58mg (7.91%), Zinc: 0.65mg (4.36%), Vitamin B5: 0.38mg (3.83%), Selenium: 0.9µg (1.28%)