



Marinated Summer Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



72 kcal

SIDE DISH

Ingredients

- 1 teaspoon chile paste with garlic (such as sambal oelek)
- 3 tablespoons flat-leaf parsley fresh chopped
- 1 pound green beans fresh trimmed
- 1 garlic clove minced
- 2 tablespoons juice of lemon fresh
- 1 tablespoon lemon rind grated
- 2 tablespoons olive oil extra-virgin
- 3.5 teaspoons salt divided

1 pound turtle beans fresh trimmed

Equipment

bowl

sauce pan

Directions

Add 1 tablespoon salt and beans to a large saucepan of boiling water; cook 6 minutes or until crisp-tender.

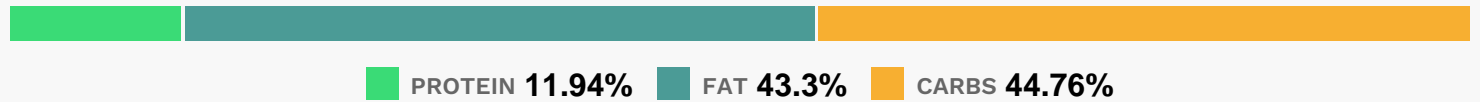
Drain; rinse with cold water.

Drain.

Combine remaining 1/2 teaspoon salt, parsley, and remaining ingredients in a large bowl.

Add beans to bowl; toss well. Chill at least 1 hour, tossing occasionally.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:1.93, Inflammation Score:-6, Nutrition Score:7.9934782230336%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 71.85kcal (3.59%), Fat: 3.77g (5.79%), Saturated Fat: 0.52g (3.22%), Carbohydrates: 8.75g (2.92%), Net Carbohydrates: 6.22g (2.26%), Sugar: 2.05g (2.27%), Cholesterol: 0mg (0%), Sodium: 1025.38mg (44.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.67%), Vitamin K: 51.1µg (48.67%), Vitamin C: 23.45mg (28.43%), Folate: 78.61µg (19.65%), Vitamin A: 519.46IU (10.39%), Fiber: 2.53g (10.13%), Magnesium: 30.77mg (7.69%), Iron: 1.35mg (7.5%), Potassium: 255.57mg (7.3%), Manganese: 0.13mg (6.71%), Calcium: 51.26mg (5.13%), Vitamin E: 0.76mg (5.05%), Phosphorus: 45.25mg (4.53%), Vitamin B6: 0.09mg (4.5%), Copper: 0.09mg (4.25%),

Vitamin B2: 0.06mg (3.67%), Vitamin B1: 0.05mg (3.36%), Zinc: 0.39mg (2.6%), Vitamin B3: 0.45mg (2.27%),
Vitamin B5: 0.14mg (1.43%)