



Mexican Green Bean Salad



Gluten Free



Popular

READY IN



55 min.

SERVINGS



4

CALORIES



179 kcal

SIDE DISH

Ingredients

- ☐ 1 pound green beans fresh cut in half into 1 1/2 inch length pieces
- ☐ 0.3 cup onion finely chopped
- ☐ 2 tablespoons juice of lime white
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 0.5 teaspoon sea salt
- ☐ 0.5 teaspoon oregano dried canned (Mexican oregano if you can get it)
- ☐ 0.8 cup cilantro leaves packed chopped
- ☐ 0.3 cup pickled jalapeño chili peppers canned sliced

- ☐ 0.3 cup onion red chopped
- ☐ 0.5 cup cotija cheese crumbled (salty Mexican cheese that resembles feta)
- ☐ 0.5 avocado sliced cut into inch long pieces
- ☐ 1 medium tomatoes halved cut into 8 wedges, or a cup of cherry tomatoes

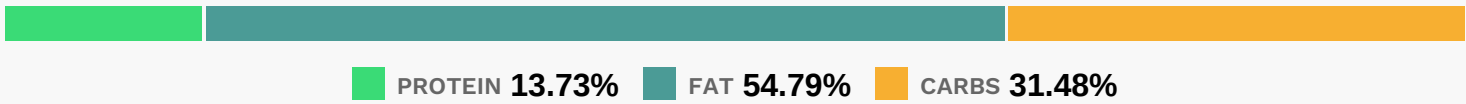
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Simmer the green beans: Bring a large saucepan of salted water to a boil.
- ☐ Add the beans and simmer until just crisp tender, about 5 minutes.
- ☐ Drain the beans and run cold water over them to cool them quickly.
- ☐ Drain completely.
- ☐ Marinate in dressing ingredients:
- ☐ Place beans in a large bowl. Gently mix in the the lime juice or vinegar, olive oil, 1/4 cup onion, sliced pickled jalapeños, sea salt, oregano and cilantro.
- ☐ Let sit for half an hour.
- ☐ Mix in red onion and cheese: When ready to serve, gently mix in the chopped red onion and cotija cheese.
- ☐ Serve the avocado slices and tomato wedges on the side or mixed into the salad.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:2.91, Inflammation Score:-9, Nutrition Score:14.965651935857%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-

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Nutrients (% of daily need)

Calories: 179.29kcal (8.96%), Fat: 11.67g (17.95%), Saturated Fat: 3.49g (21.84%), Carbohydrates: 15.08g (5.03%), Net Carbohydrates: 8.83g (3.21%), Sugar: 6.44g (7.15%), Cholesterol: 13.3mg (4.43%), Sodium: 390.11mg (16.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.58g (13.15%), Vitamin K: 70.9µg (67.52%), Vitamin A: 1956.04IU (39.12%), Vitamin C: 20.83mg (25.24%), Fiber: 6.25g (24.99%), Manganese: 0.37mg (18.7%), Folate: 68.6µg (17.15%), Calcium: 151.15mg (15.12%), Vitamin B6: 0.3mg (14.82%), Vitamin B2: 0.25mg (14.45%), Potassium: 493.05mg (14.09%), Phosphorus: 132.47mg (13.25%), Vitamin E: 1.77mg (11.8%), Magnesium: 46.11mg (11.53%), Iron: 1.82mg (10.12%), Vitamin B1: 0.13mg (8.68%), Vitamin B3: 1.65mg (8.24%), Copper: 0.16mg (7.89%), Vitamin B5: 0.72mg (7.22%), Zinc: 0.95mg (6.36%), Selenium: 3.21µg (4.58%), Vitamin B12: 0.17µg (2.87%)