



WHATSheATE



Minted potato & green bean salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 500 g baby potatoes
- ☐ 200 g green beans
- ☐ 2 onion red
- ☐ 3 tbsp red-wine vinegar
- ☐ 1 tbsp olive oil
- ☐ 1 handful mint leaves chopped

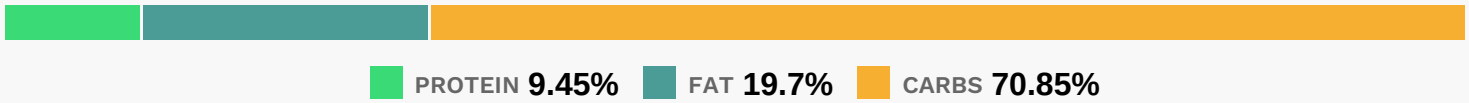
Equipment

- ☐ bowl

Directions

- ☐ Boil the potatoes for 15 mins or until tender. When the potatoes have 5 mins cooking time left, tip the beans into the boiling water.
- ☐ Drain and cool under cold running water.
- ☐ Meanwhile, finely slice the shallots or onion.
- ☐ Place in a bowl and sprinkle with the vinegar and oil then leave for 5 mins. Toss potatoes and beans in with the shallots and sprinkle with the mint.

Nutrition Facts



Properties

Glycemic Index:39.19, Glycemic Load:18.1, Inflammation Score:-7, Nutrition Score:11.408695734066%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 13.4mg, Quercetin: 13.4mg, Quercetin: 13.4mg, Quercetin: 13.4mg

Nutrients (% of daily need)

Calories: 167.51kcal (8.38%), Fat: 3.79g (5.83%), Saturated Fat: 0.57g (3.54%), Carbohydrates: 30.64g (10.21%), Net Carbohydrates: 25.52g (9.28%), Sugar: 4.94g (5.49%), Cholesterol: 0mg (0%), Sodium: 13.97mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.17%), Vitamin C: 35.17mg (42.63%), Vitamin B6: 0.51mg (25.33%), Vitamin K: 26.2µg (24.95%), Potassium: 722.13mg (20.63%), Fiber: 5.11g (20.46%), Manganese: 0.39mg (19.36%), Folate: 48.09µg (12.02%), Magnesium: 48mg (12%), Vitamin B1: 0.17mg (11.14%), Phosphorus: 107.82mg (10.78%), Copper: 0.2mg (9.77%), Iron: 1.73mg (9.59%), Vitamin B3: 1.77mg (8.83%), Vitamin A: 391.08IU (7.82%), Vitamin B2: 0.11mg (6.44%), Vitamin B5: 0.55mg (5.54%), Calcium: 49.29mg (4.93%), Vitamin E: 0.73mg (4.88%), Zinc: 0.59mg (3.94%), Selenium: 0.95µg (1.36%)