



Mixed Bean-Cherry Tomato Salad with Basil Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



92 kcal

SALAD

Ingredients

- 0.3 cup balsamic vinegar
- 1 cup basil loosely packed coarsely chopped
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- 0.5 teaspoon pepper black freshly ground
- 3 cups cherry tomatoes halved (2 pints)
- 2 tablespoons olive oil extra virgin
- 1 pound green beans fresh trimmed

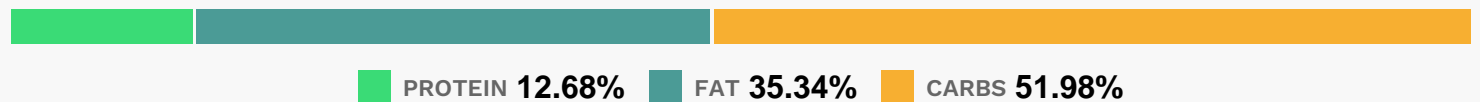
- 0.5 teaspoon kosher salt
- 0.5 cup onion red finely chopped
- 1 pound turtle beans fresh trimmed

Equipment

Directions

- Cook green and wax beans in boiling water 5 minutes.
- Drain and plunge beans into ice water; drain.
- Combine vinegar, oil, salt, and pepper.
- Add beans, tomatoes, basil leaves, and onion; toss gently. Cover and chill.
- Garnish with basil sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:39.88, Glycemic Load:2.82, Inflammation Score:0, Nutrition Score:10.767391235932%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

Nutrients (% of daily need)

Calories: 91.69kcal (4.58%), Fat: 3.85g (5.93%), Saturated Fat: 0.53g (3.3%), Carbohydrates: 12.75g (4.25%), Net Carbohydrates: 9.68g (3.52%), Sugar: 4.87g (5.42%), Cholesterol: 0mg (0%), Sodium: 160.86mg (6.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.22%), Vitamin K: 53.2µg (50.66%), Vitamin C: 33.38mg (40.46%), Folate: 88.67µg (22.17%), Vitamin A: 981.84IU (19.64%), Manganese: 0.29mg (14.48%), Fiber: 3.07g (12.28%), Potassium: 402.89mg (11.51%), Iron: 1.89mg (10.5%), Magnesium: 40.53mg (10.13%), Copper: 0.15mg (7.58%), Vitamin E: 1.1mg (7.34%), Vitamin B6: 0.15mg (7.29%), Calcium: 68.39mg (6.84%), Phosphorus: 66.71mg (6.67%), Vitamin B1: 0.07mg (4.89%), Vitamin B2: 0.08mg (4.63%), Vitamin B3: 0.78mg (3.9%), Zinc: 0.51mg (3.43%), Vitamin B5: 0.23mg (2.26%)