



HEALTH SCORE

93%

Mixed Bean Salad with Flank Steak



Gluten Free



Dairy Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**334 kcal**

SIDE DISH

Ingredients



0.3 teaspoon pepper black freshly ground



1 tablespoon olive oil extravirgin



6 ounces basic grilled flank steak chopped



2 cups cut green beans (1-inch) ()



15 ounce pink beans rinsed drained canned



0.3 teaspoon oregano dried



3 tablespoons red wine vinegar



0.3 teaspoon salt

- ☐ 1.5 tablespoons shallots minced (1 small)
- ☐ 15 ounce edamame soybeans black rinsed drained canned

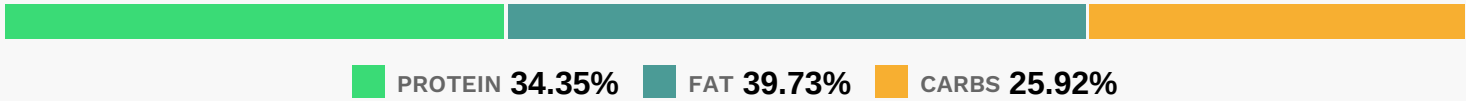
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Steam green beans 5 minutes or until crisp-tender; drain.
- ☐ Place green beans in a large bowl.
- ☐ Add Basic Grilled Flank Steak, shallots, pink beans, and soybeans; toss to combine.
- ☐ Combine vinegar and remaining ingredients, stirring with a whisk.
- ☐ Drizzle over bean mixture; toss gently to coat. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:38.2, Glycemic Load:3.34, Inflammation Score:-8, Nutrition Score:25.652608539747%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 333.92kcal (16.7%), Fat: 15.51g (23.86%), Saturated Fat: 2.78g (17.35%), Carbohydrates: 22.76g (7.59%), Net Carbohydrates: 13.1g (4.76%), Sugar: 5.28g (5.87%), Cholesterol: 25.51mg (8.5%), Sodium: 430.99mg (18.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.16g (60.33%), Manganese: 1.04mg (51.91%), Folate: 188.99µg (47.25%), Vitamin K: 47.69µg (45.42%), Iron: 8.03mg (44.61%), Phosphorus: 411.19mg (41.12%), Fiber: 9.66g (38.65%), Vitamin C: 31.2mg (37.82%), Magnesium: 145.03mg (36.26%), Potassium: 1050.96mg (30.03%), Vitamin B6: 0.6mg (29.91%), Selenium: 20.69µg (29.56%), Copper: 0.58mg (29.15%), Vitamin B2: 0.41mg (24.16%), Zinc: 3.43mg (22.88%), Calcium: 190.29mg (19.03%), Vitamin B3: 3.49mg (17.45%), Vitamin B1: 0.24mg (16.21%), Vitamin E: 1.25mg (8.34%), Vitamin A: 392.03IU (7.84%), Vitamin B12: 0.39µg (6.45%), Vitamin B5: 0.6mg (5.96%)