



New potatoes with beans & cress



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



205 kcal

SIDE DISH

Ingredients

- ☐ 1 kg baby new potatoes
- ☐ 250 g green bean trimmed cut into short lengths
- ☐ 6 servings pack mustard cress snipped
- ☐ 1 small garlic clove crushed
- ☐ 1 tbsp red wine vinegar
- ☐ 1 tsp dijon mustard
- ☐ 3 tbsp olive oil

Equipment

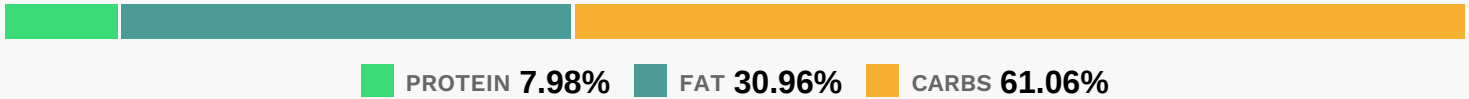
☐

whisk

Directions

- ☐ Boil the potatoes for 15 mins, tipping in the beans for the final 4 mins.
- ☐ Drain and cool under cold water until just warm, or leave to one side if you have time.
- ☐ Whisk together the dressing ingredients and toss through the warm vegetables. Scatter the cress on top and serve straight away.

Nutrition Facts



Properties

Glycemic Index:31.96, Glycemic Load:22.18, Inflammation Score:-6, Nutrition Score:12.076956536459%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 205.18kcal (10.26%), Fat: 7.28g (11.2%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 32.29g (10.76%), Net Carbohydrates: 27.44g (9.98%), Sugar: 2.72g (3.02%), Cholesterol: 0mg (0%), Sodium: 22.23mg (0.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.45%), Vitamin C: 38.78mg (47%), Vitamin K: 30.74µg (29.27%), Vitamin B6: 0.56mg (27.98%), Potassium: 799.94mg (22.86%), Fiber: 4.85g (19.4%), Manganese: 0.36mg (18.18%), Magnesium: 49.75mg (12.44%), Vitamin B1: 0.17mg (11.39%), Phosphorus: 113.46mg (11.35%), Copper: 0.21mg (10.64%), Vitamin B3: 2.08mg (10.4%), Folate: 41.29µg (10.32%), Iron: 1.81mg (10.08%), Vitamin E: 1.21mg (8.04%), Vitamin A: 360.64IU (7.21%), Vitamin B5: 0.6mg (5.95%), Vitamin B2: 0.1mg (5.9%), Zinc: 0.6mg (3.98%), Calcium: 37.88mg (3.79%), Selenium: 1.11µg (1.59%)