



Pesto Green Bean Salad

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



129 kcal

SIDE DISH

Ingredients

- ☐ 1 cup basil fresh packed
- ☐ 2 pounds green beans fresh trimmed thin
- ☐ 1 clove garlic roughly chopped
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup parmesan grated
- ☐ 2 tablespoons pinenuts
- ☐ 8 servings salt and pepper

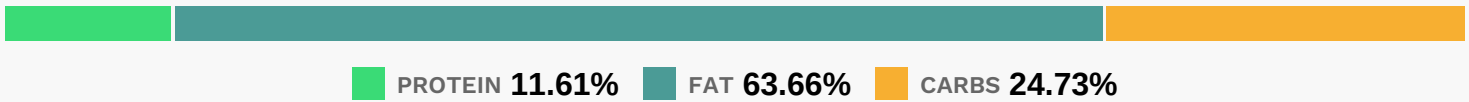
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a full, rolling boil over high heat.
- ☐ Pulse basil, garlic and pine nuts in a food processor until finely chopped. Stop and scrape down sides of bowl. With machine running, slowly pour in oil. Stop processor, add Parmesan and pulse until smooth. Season with salt and pepper. (Makes about 2/3 cup pesto.)
- ☐ Transfer to a bowl and cover.
- ☐ Add beans to boiling water and cook until tender yet crisp, 4 to 5 minutes.
- ☐ Drain, rinse under cold running water, then dry thoroughly.
- ☐ Transfer to a bowl and cover.
- ☐ Just before serving, toss beans in a large bowl with enough pesto to coat. (Cover and refrigerate any remaining pesto.) Season with additional salt and pepper, if desired.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:2.32, Inflammation Score:-7, Nutrition Score:10.862608679611%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 129.23kcal (6.46%), Fat: 9.81g (15.09%), Saturated Fat: 1.8g (11.23%), Carbohydrates: 8.57g (2.86%), Net Carbohydrates: 5.36g (1.95%), Sugar: 3.83g (4.26%), Cholesterol: 2.83mg (0.94%), Sodium: 267.71mg (11.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.05%), Vitamin K: 66.7µg (63.52%), Manganese: 0.51mg (25.35%), Vitamin A: 974IU (19.48%), Vitamin C: 14.51mg (17.59%), Fiber: 3.21g (12.84%), Vitamin E: 1.7mg (11.36%),

Folate: 40.61µg (10.15%), Calcium: 97.87mg (9.79%), Magnesium: 38.48mg (9.62%), Phosphorus: 88.64mg (8.86%),
Vitamin B6: 0.18mg (8.77%), Vitamin B2: 0.14mg (8.24%), Iron: 1.48mg (8.23%), Potassium: 268.49mg (7.67%),
Vitamin B1: 0.11mg (7.03%), Copper: 0.13mg (6.27%), Vitamin B3: 0.98mg (4.92%), Zinc: 0.58mg (3.85%), Vitamin
B5: 0.29mg (2.9%), Selenium: 1.7µg (2.43%)