



Pickled Green Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



57 kcal

SIDE DISH

Ingredients

- 2 tablespoons optional: dill fresh chopped
- 2 tablespoons parsley fresh chopped
- 2 pounds green beans trimmed
- 2 tablespoons olive oil
- 0.5 onion red sliced
- 0.3 cup red wine vinegar
- 10 servings salt and pepper

Equipment

bowl

pot

Directions

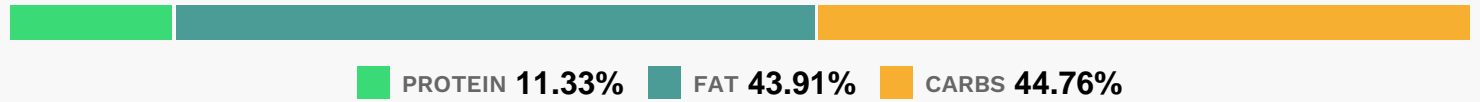
Bring a pot of salted water to a boil.

Add beans and cook until crisp-tender, 4 minutes.

Drain; pat dry.

In a bowl, toss beans with vinegar, onion, salt and pepper; chill for 45 minutes. Toss with herbs and olive oil. Cover; chill for 4 hours, stirring often.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:1.9, Inflammation Score:-6, Nutrition Score:7.3308695476988%

Flavonoids

Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 56.53kcal (2.83%), Fat: 3.01g (4.63%), Saturated Fat: 0.44g (2.72%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 4.34g (1.58%), Sugar: 3.2g (3.55%), Cholesterol: 0mg (0%), Sodium: 200.48mg (8.72%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Vitamin K: 53.84µg (51.27%), Vitamin C: 12.64mg (15.32%), Vitamin A: 699.63IU (13.99%), Manganese: 0.21mg (10.43%), Fiber: 2.57g (10.28%), Folate: 32.32µg (8.08%), Vitamin B6: 0.14mg (6.77%), Magnesium: 23.92mg (5.98%), Potassium: 206.87mg (5.91%), Iron: 1.04mg (5.81%), Vitamin B2: 0.1mg (5.7%), Vitamin E: 0.78mg (5.21%), Vitamin B1: 0.08mg (5.18%), Phosphorus: 37.06mg (3.71%), Calcium: 36.61mg (3.66%), Vitamin B3: 0.68mg (3.42%), Copper: 0.07mg (3.34%), Vitamin B5: 0.21mg (2.14%), Zinc: 0.24mg (1.59%)