



Potato and Green Bean Salad with Ale House Dressing

 Dairy Free

READY IN



11 min.

SERVINGS



8

CALORIES



127 kcal

SIDE DISH

Ingredients

- 0.3 cup beer ale style
- 1.5 cups cherry tomatoes cut in 1/2
- 2 teaspoons dijon mustard
- 12 ounce green beans frozen thawed (recommended: C and W)
- 1 tablespoon salad dressing mix italian
- 2 tablespoons malt vinegar
- 3 tablespoons olive oil

- 16 ounce seasoned potatoes diced (recommended: Reser's)
- 0.3 cup real bacon crumbled
- 8 servings salt

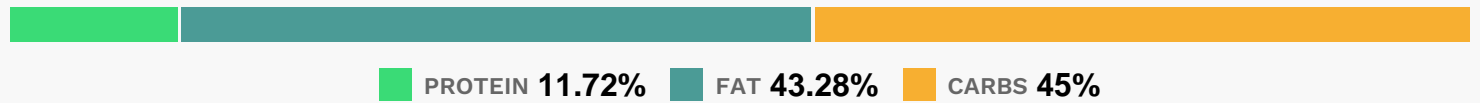
Equipment

- pot

Directions

- Combine salad dressing mix, beer, mustard, vinegar and olive oil in a jar or container with a lid. Shake vigorously; set aside.
- Bring a medium pot of water to a boil.
- Add salt and 12 ounces cleaned green beans and blanch for 3 minutes. Strain and cool in an ice bath.
- Combine potatoes, green beans, tomatoes, and bacon. Toss with dressing and serve.

Nutrition Facts



Properties

Glycemic Index:31.53, Glycemic Load:8.2, Inflammation Score:-5, Nutrition Score:7.2939129609453%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 126.73kcal (6.34%), Fat: 6.22g (9.57%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 14.56g (4.85%), Net Carbohydrates: 11.91g (4.33%), Sugar: 2.54g (2.83%), Cholesterol: 5.05mg (1.68%), Sodium: 375.36mg (16.32%), Alcohol: 0.29g (100%), Alcohol %: 0.24% (100%), Protein: 3.79g (7.58%), Vitamin C: 22.73mg (27.55%), Vitamin K: 23.32µg (22.21%), Vitamin B6: 0.25mg (12.68%), Potassium: 393.37mg (11.24%), Manganese: 0.22mg (10.82%), Fiber: 2.64g (10.58%), Vitamin A: 432.05IU (8.64%), Vitamin E: 1.1mg (7.31%), Magnesium: 27.27mg (6.82%), Folate: 27.27µg (6.82%), Iron: 1.12mg (6.24%), Vitamin B1: 0.09mg (6.2%), Phosphorus: 58.84mg (5.88%), Copper: 0.11mg (5.66%),

Vitamin B3: 1.1mg (5.52%), Vitamin B2: 0.07mg (4.19%), Vitamin B5: 0.31mg (3.06%), Calcium: 27.11mg (2.71%), Zinc: 0.32mg (2.1%), Selenium: 1.05µg (1.51%)