



Potato, Egg and Green Bean Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



286 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 teaspoon dijon mustard
- 3 cups green beans fresh trimmed cut into desired length
- 1 clove garlic minced
- 6 hardboiled eggs cooked peeled chopped ()
- 12 medium new potatoes unpeeled cut into quarters
- 5 tablespoons olive oil
- 0.3 teaspoon salt

2 tablespoons citrus champagne vinegar

Equipment

bowl

sauce pan

Directions

In a large saucepan, cover potatoes with cold salted water and bring to a boil. Cook until tender, about 10 minutes, adding beans in the last 4 or 5 minutes of cooking. When vegetables are tender, drain.

Place in a large bowl; toss with 2 tbsp olive oil.

Add eggs.

Combine remaining 3 tbsp olive oil, vinegar, mustard, garlic, salt and pepper.

Drizzle vinaigrette over vegetables and eggs; toss gently to combine. Adjust seasonings, if necessary.

Serve warm.

Nutrition Facts



PROTEIN 13.27% **FAT 53.39%** **CARBS 33.34%**

Properties

Glycemic Index:37.29, Glycemic Load:15.46, Inflammation Score:-6, Nutrition Score:14.710434706315%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 286.23kcal (14.31%), Fat: 17.23g (26.5%), Saturated Fat: 3.3g (20.65%), Carbohydrates: 24.21g (8.07%), Net Carbohydrates: 20.2g (7.35%), Sugar: 3.24g (3.6%), Cholesterol: 186.5mg (62.17%), Sodium: 178.81mg (7.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.63g (19.26%), Vitamin C: 28.96mg (35.1%), Vitamin K: 33.04µg (31.47%), Vitamin B6: 0.48mg (23.77%), Selenium: 16.42µg (23.46%), Vitamin B2: 0.35mg (20.63%), Potassium:

656.47mg (18.76%), Phosphorus: 172.87mg (17.29%), Vitamin E: 2.44mg (16.24%), Manganese: 0.32mg (16.14%),
Fiber: 4.01g (16.02%), Folate: 58.15µg (14.54%), Vitamin A: 642.6IU (12.85%), Iron: 2.15mg (11.94%), Vitamin B5: 1.16mg
(11.6%), Vitamin B1: 0.17mg (11.35%), Magnesium: 45.31mg (11.33%), Vitamin B12: 0.56µg (9.25%), Copper: 0.17mg
(8.43%), Vitamin B3: 1.62mg (8.12%), Vitamin D: 1.1µg (7.33%), Zinc: 1mg (6.63%), Calcium: 60.88mg (6.09%)