



WHATSheATE



HEALTH SCORE

59%

Potato, Green Bean, and Cherry Tomato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



269 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



6 tablespoons capers drained



1.3 pounds green beans trimmed



0.3 cup olive oil



8 tablespoons orange juice fresh



2 tablespoons parsley fresh italian chopped



2 pounds potatoes - remove skin quartered



1 pint tomatoes halved



3 tablespoons citrus champagne vinegar

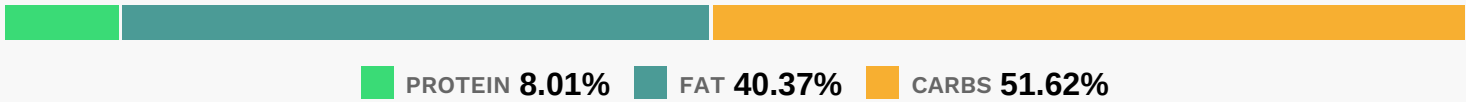
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Cook beans in pot of boiling salted water until crisp-tender, about 4 minutes.
- ☐ Drain.
- ☐ Transfer to medium bowl. Refresh under cold running water.
- ☐ Drain well.
- ☐ Cook potatoes in pot of boiling salted water until just tender, about 8 minutes.
- ☐ Drain.
- ☐ Transfer to large bowl.
- ☐ Add 2 tablespoons orange juice and 2 tablespoons vinegar; toss to coat. Cool to room temperature, occasionally stirring gently.
- ☐ Add green beans, tomatoes, and parsley to potatoes.
- ☐ Whisk remaining 6 tablespoons orange juice, 1 tablespoon vinegar, oil, and capers in small bowl to blend. Season dressing to taste with salt and pepper.
- ☐ Add dressing to salad and toss to combine. (Can be made 2 hours ahead.
- ☐ Let stand at room temperature.)

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:3.88, Inflammation Score:-9, Nutrition Score:19.278695894324%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg,

Naringenin: 1.02mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 11.02mg, Kaempferol: 11.02mg, Kaempferol: 11.02mg, Kaempferol: 11.02mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 17.88mg, Quercetin: 17.88mg, Quercetin: 17.88mg, Quercetin: 17.88mg

Nutrients (% of daily need)

Calories: 269.35kcal (13.47%), Fat: 12.7g (19.54%), Saturated Fat: 1.8g (11.28%), Carbohydrates: 36.55g (12.18%), Net Carbohydrates: 30.13g (10.96%), Sugar: 9.05g (10.06%), Cholesterol: 0mg (0%), Sodium: 260.16mg (11.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.34%), Vitamin K: 82.33µg (78.41%), Vitamin C: 48.82mg (59.18%), Potassium: 1133.21mg (32.38%), Vitamin A: 1488.24IU (29.76%), Manganese: 0.52mg (26.11%), Fiber: 6.41g (25.65%), Vitamin B6: 0.47mg (23.27%), Folate: 80.9µg (20.22%), Magnesium: 71.66mg (17.92%), Copper: 0.36mg (17.85%), Vitamin E: 2.65mg (17.64%), Vitamin B1: 0.25mg (16.81%), Phosphorus: 153.09mg (15.31%), Vitamin B3: 3.06mg (15.3%), Iron: 2.65mg (14.74%), Vitamin B2: 0.18mg (10.55%), Vitamin B5: 0.76mg (7.55%), Calcium: 66.07mg (6.61%), Zinc: 0.91mg (6.09%), Selenium: 1.44µg (2.06%)