



## Potato Green Bean Salad

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



44 kcal

SIDE DISH

### Ingredients

- 1 Tbsp grey poupon dijon mustard
- 1 lb green beans trimmed cut into 1-inch pieces and blanched
- 4 slices oscar mayer ham smoked chopped
- 0.3 cup 1/3 cup kraft zesty italian dressing italian kraft
- 0.5 cup onion chopped
- 2 Tbsp parmesan cheese grated kraft
- 2 lb potatoes red cubed

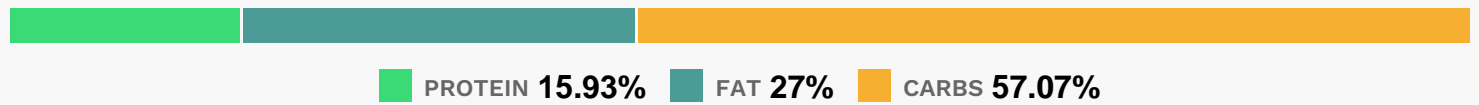
### Equipment

bowl

## Directions

- Add potatoes to boiling water; cook 15 to 20 min. or until fork-tender.
- Drain. Cool slightly.
- Mix dressing and mustard in large bowl.
- Add potatoes, green beans, onion and ham; mix lightly. Refrigerate.
- Sprinkle with cheese just before serving.

## Nutrition Facts



## Properties

Glycemic Index:3.5, Glycemic Load:0.35, Inflammation Score:-2, Nutrition Score:2.8826086560021%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

## Nutrients (% of daily need)

Calories: 43.97kcal (2.2%), Fat: 1.37g (2.1%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 6.49g (2.16%), Net Carbohydrates: 5.51g (2%), Sugar: 1.29g (1.43%), Cholesterol: 2.6mg (0.87%), Sodium: 88.03mg (3.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.63%), Vitamin K: 8.86µg (8.44%), Vitamin C: 4.66mg (5.64%), Potassium: 187.62mg (5.36%), Vitamin B6: 0.09mg (4.62%), Vitamin B1: 0.06mg (4.14%), Manganese: 0.08mg (4.12%), Fiber: 0.99g (3.96%), Phosphorus: 36mg (3.6%), Vitamin B3: 0.63mg (3.17%), Magnesium: 11.9mg (2.97%), Copper: 0.06mg (2.8%), Folate: 11.1µg (2.78%), Iron: 0.43mg (2.39%), Vitamin A: 110.67IU (2.21%), Vitamin B2: 0.04mg (2.09%), Selenium: 1.44µg (2.06%), Zinc: 0.25mg (1.64%), Vitamin B5: 0.14mg (1.41%), Calcium: 13.09mg (1.31%)