



## Potato-Green Bean Salad with Lemon and Basil

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



108 kcal

SIDE DISH

### Ingredients

- 10 g basil packed
- 1 garlic clove peeled
- 240 g green beans raw
- 1 tablespoon juice of lemon freshly squeezed
- 6 servings pepper black freshly ground to taste
- 2 teaspoons miso to taste (or salt)
- 680 g baby potatoes

- 0.5 bell pepper red sliced
- 1 tablespoons water

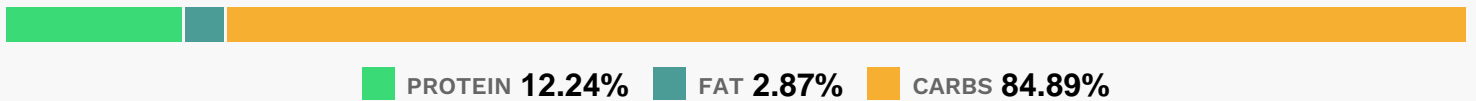
## Equipment

- food processor
- bowl
- blender
- broiler

## Directions

- Drain water from beans and immediately plunge them into a bath of ice and water to stop cooking. To make the dressing, place 2 ounces of the cooked potatoes (60 g) into a small food processor or mini blender.
- Add basil, lemon juice, garlic, miso, and 1 tablespoon water. Process until creamy, scraping down sides and adding more water if necessary.
- Drain the green beans and add them to the potatoes in a large serving bowl. Gently fold in the dressing. Cover and refrigerate for at least 2 hours, to allow flavors to blend. Before serving, add the sliced red bell pepper. If you like, you can roast the strips of pepper briefly under a broiler to soften and sweeten their flavor. Taste for seasoning and add additional fresh lemon juice, salt, and freshly ground pepper as needed.

## Nutrition Facts



## Properties

Glycemic Index:59.13, Glycemic Load:15.72, Inflammation Score:-6, Nutrition Score:10.584782648265%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

## Nutrients (% of daily need)

Calories: 108.13kcal (5.41%), Fat: 0.36g (0.56%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 24.14g (8.05%), Net Carbohydrates: 20.18g (7.34%), Sugar: 2.8g (3.11%), Cholesterol: 0mg (0%), Sodium: 84.52mg (3.67%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Vitamin C: 41.32mg (50.09%), Vitamin K: 27.51µg (26.2%), Vitamin B6: 0.43mg (21.69%), Potassium: 597.48mg (17.07%), Manganese: 0.33mg (16.43%), Fiber: 3.96g (15.84%), Vitamin A: 679.16IU (13.58%), Magnesium: 39.75mg (9.94%), Folate: 37.94µg (9.49%), Vitamin B1: 0.13mg (8.87%), Phosphorus: 87.61mg (8.76%), Copper: 0.17mg (8.51%), Vitamin B3: 1.63mg (8.13%), Iron: 1.46mg (8.12%), Vitamin B2: 0.09mg (5.49%), Vitamin B5: 0.47mg (4.75%), Calcium: 34.76mg (3.48%), Zinc: 0.52mg (3.48%), Vitamin E: 0.35mg (2.34%), Selenium: 0.81µg (1.16%)