





Radish and Wax Bean Salad with Crème Fraîche Dressing

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



137 kcal

SIDE DISH

Ingredients

- 0.5 cup almonds toasted sliced
- 0.3 teaspoon pepper black freshly ground
- 0.5 cup crème fraîche
- 1 tablespoon tarragon fresh finely chopped
- 12 ounces green beans ends trimmed
- 6 servings kosher salt
- 1 tablespoon juice of lemon freshly squeezed

- 2 teaspoons lemon zest finely grated (from 1 medium lemon)
- 1 pound radishes washed trimmed cut into 1/2-inch wedges
- 12 ounces turtle beans yellow ends trimmed

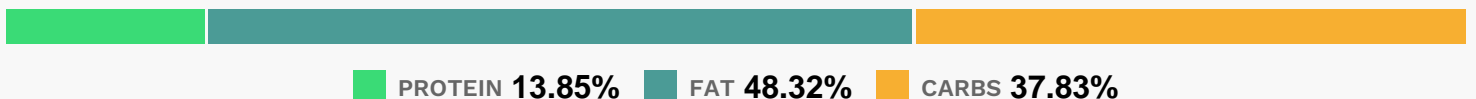
Equipment

- bowl
- paper towels
- pot
- kitchen towels
- slotted spoon

Directions

- Place all of the ingredients in a small bowl and stir to combine; set aside. For the salad: Bring a large pot of heavily salted water to a boil over high heat.
- Add the green beans and cook until just tender, about 3 minutes. Meanwhile, prepare an ice water bath by filling a large bowl halfway with ice and water; set aside. Using a slotted spoon, transfer the green beans to the ice water bath and set aside. Return the water to a boil, add the wax beans, and cook until just tender, about 2 to 4 minutes.
- Transfer the yellow beans to the ice bath and let sit until all of the beans are cool, about 4 to 5 minutes.
- Remove the beans from the ice water bath, spread them out on a clean kitchen towel or a paper towel, and pat them dry with additional towels.
- Transfer the beans to a large serving platter and spread the radishes on top in an even layer.
- Drizzle with the dressing and sprinkle with the almonds.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:2.74, Inflammation Score:-7, Nutrition Score:12.214347784934%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Pelargonidin: 47.73mg, Pelargonidin: 47.73mg, Pelargonidin: 47.73mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 136.94kcal (6.85%), Fat: 7.95g (12.24%), Saturated Fat: 2.3g (14.4%), Carbohydrates: 14.01g (4.67%), Net Carbohydrates: 9.27g (3.37%), Sugar: 4.33g (4.81%), Cholesterol: 11.31mg (3.77%), Sodium: 236.9mg (10.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.26%), Vitamin C: 32.6mg (39.51%), Folate: 102.63µg (25.66%), Vitamin K: 25.79µg (24.56%), Manganese: 0.46mg (22.82%), Fiber: 4.73g (18.94%), Magnesium: 64.11mg (16.03%), Potassium: 534.46mg (15.27%), Vitamin E: 2.27mg (15.16%), Vitamin B2: 0.22mg (13.22%), Calcium: 120.2mg (12.02%), Iron: 2.16mg (11.98%), Phosphorus: 113.72mg (11.37%), Vitamin A: 565.94IU (11.32%), Copper: 0.21mg (10.46%), Vitamin B6: 0.18mg (9.13%), Zinc: 0.93mg (6.18%), Vitamin B1: 0.08mg (5.28%), Vitamin B3: 1.01mg (5.07%), Vitamin B5: 0.36mg (3.59%), Selenium: 1.88µg (2.69%)