



## Rattlesnake Beans with Olive Tapenade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



62 kcal

SIDE DISH

### Ingredients

- 1.5 teaspoons olive oil extravirgin
- 1 teaspoon rosemary fresh chopped
- 1 garlic clove chopped
- 0.3 cup kalamata olives pitted
- 1.5 teaspoons juice of lemon fresh
- 1.5 teaspoons lemon rind grated
- 1.5 pounds pole beans trimmed cut into 1-inch pieces
- 2.5 teaspoons salt divided

- 1 medium shallots peeled quartered
- 2 quarts water

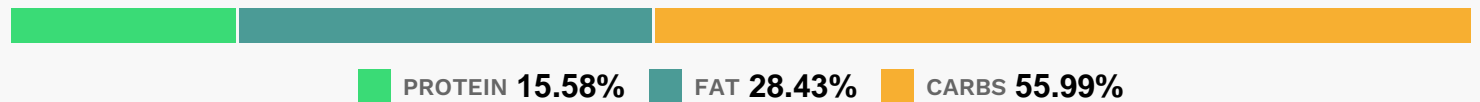
## Equipment

- food processor
- bowl
- sauce pan

## Directions

- Bring 2 quarts water and 2 teaspoons salt to a boil in a large saucepan.
- Add beans; cook 25 minutes or until beans are tender.
- Drain.
- Place olives and remaining ingredients in a food processor; add remaining 1/2 teaspoon salt. Process until finely chopped, scraping sides of bowl occasionally.
- Combine beans and olive mixture in a large bowl; toss well.

## Nutrition Facts



## Properties

Glycemic Index:14, Glycemic Load:1.74, Inflammation Score:-4, Nutrition Score:5.2530434384294%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 62.1kcal (3.1%), Fat: 2.1g (3.23%), Saturated Fat: 0.25g (1.59%), Carbohydrates: 9.3g (3.1%), Net Carbohydrates: 7.21g (2.62%), Sugar: 0.42g (0.46%), Cholesterol: 0mg (0%), Sodium: 1079.93mg (46.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Vitamin C: 25.44mg (30.83%), Folate: 115.33µg (28.83%), Magnesium: 35.58mg (8.9%), Fiber: 2.09g (8.36%), Iron: 1.35mg (7.52%), Potassium: 257.7mg (7.36%), Copper:

0.14mg (7.16%), Calcium: 67.27mg (6.73%), Phosphorus: 46.75mg (4.68%), Zinc: 0.51mg (3.43%), Vitamin E: 0.36mg (2.42%), Vitamin B6: 0.02mg (1.19%), Manganese: 0.02mg (1.17%)