

Red Potatoes with Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



152 kcal

SIDE DISH

Ingredients

- 1.3 pounds green beans fresh trimmed
- 0.5 cup salad dressing italian
- 0.5 cup onion red chopped
- 6 small potatoes - remove skin red cut into wedges
- 0.3 cup water

Equipment

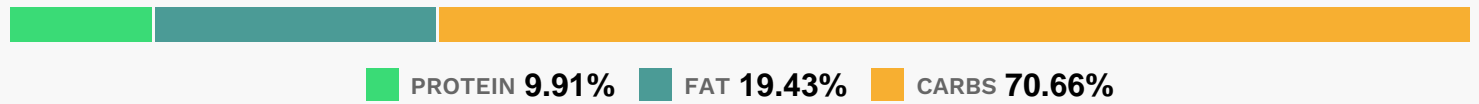
- bowl
- sauce pan

microwave

Directions

- Place the beans and water in a 2-qt. microwave-safe dish. Cover and microwave on high for 6-8 minutes or until tender.
- Meanwhile, place the potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 10-15 minutes or until tender.
- Drain beans and potatoes; place in a bowl.
- Add onion and dressing; toss to coat.

Nutrition Facts



Properties

Glycemic Index:9.13, Glycemic Load:1.69, Inflammation Score:-6, Nutrition Score:11.292608686115%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

Nutrients (% of daily need)

Calories: 151.94kcal (7.6%), Fat: 3.45g (5.31%), Saturated Fat: 0.52g (3.25%), Carbohydrates: 28.25g (9.42%), Net Carbohydrates: 23.87g (8.68%), Sugar: 6.12g (6.8%), Cholesterol: 0mg (0%), Sodium: 174.23mg (7.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.93%), Vitamin K: 44.47µg (42.35%), Vitamin C: 20.99mg (25.44%), Potassium: 766.58mg (21.9%), Manganese: 0.36mg (18.03%), Fiber: 4.38g (17.51%), Vitamin B6: 0.34mg (17.24%), Folate: 49.8µg (12.45%), Magnesium: 48.78mg (12.2%), Copper: 0.23mg (11.56%), Vitamin B1: 0.17mg (11.52%), Phosphorus: 111.61mg (11.16%), Vitamin A: 536.04IU (10.72%), Vitamin B3: 2.05mg (10.25%), Iron: 1.77mg (9.83%), Vitamin B2: 0.12mg (7.11%), Vitamin B5: 0.54mg (5.38%), Calcium: 45.23mg (4.52%), Vitamin E: 0.65mg (4.31%), Zinc: 0.63mg (4.2%), Selenium: 1.43µg (2.05%)