



Roasted Fingerlings and Green Beans With Creamy Tarragon Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



134 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds fingerling potatoes
- ☐ 0.5 pound haricots verts (haricots verts)
- ☐ 1.5 tablespoons olive oil divided
- ☐ 0.8 teaspoon pepper divided
- ☐ 1 teaspoon salt divided
- ☐ 6 servings tarragon

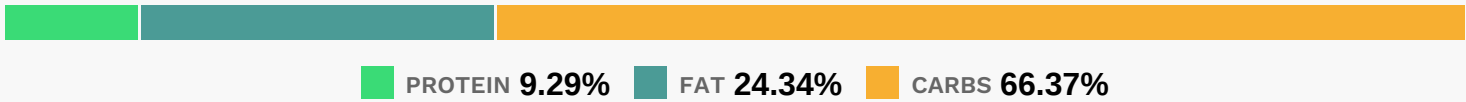
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 425
- ☐ Cut fingerlings in half lengthwise, and place in a large bowl. Toss with 1 Tbsp. olive oil, 1/2 tsp. salt, and 1/2 tsp. pepper.
- ☐ Place potato halves, cut sides up, in a jelly-roll pan. Toss green beans with remaining 1/2 Tbsp. oil, 1/2 tsp. salt, and 1/4 tsp. pepper, and place in another jelly-roll pan.
- ☐ Bake potatoes at 425 for 30 to 32 minutes or until tender and browned.
- ☐ Remove from oven, and let potatoes stand in pan.
- ☐ Bake green beans at 425 for 12 minutes.
- ☐ Arrange green beans around roasted potatoes on a serving platter.
- ☐ Drizzle with Creamy Tarragon Dressing.
- ☐ *1 1/2 lb. small red potatoes, halved, may be substituted with a bake time of 35 minutes. 1 1/2 lb. russet potatoes, quartered, may be substituted with a bake time of 40 minutes.

Nutrition Facts



Properties

Glycemic Index:38.63, Glycemic Load:15.58, Inflammation Score:-5, Nutrition Score:9.1956520754358%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 133.55kcal (6.68%), Fat: 3.77g (5.79%), Saturated Fat: 0.55g (3.46%), Carbohydrates: 23.11g (7.7%), Net Carbohydrates: 19.45g (7.07%), Sugar: 2.12g (2.35%), Cholesterol: 0mg (0%), Sodium: 397.39mg (17.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.47%), Vitamin C: 27.45mg (33.27%), Vitamin B6: 0.41mg

(20.63%), Vitamin K: 20.92µg (19.93%), Manganese: 0.37mg (18.38%), Potassium: 590.8mg (16.88%), Fiber: 3.65g (14.61%), Magnesium: 39.44mg (9.86%), Iron: 1.64mg (9.13%), Folate: 33.4µg (8.35%), Vitamin B1: 0.12mg (8.3%), Phosphorus: 82.53mg (8.25%), Copper: 0.16mg (7.95%), Vitamin B3: 1.57mg (7.83%), Vitamin A: 306.45IU (6.13%), Vitamin B2: 0.09mg (5.26%), Vitamin E: 0.67mg (4.49%), Vitamin B5: 0.42mg (4.24%), Calcium: 40.37mg (4.04%), Zinc: 0.46mg (3.08%)