



Roasted Red Pepper-and-Green Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



64 kcal

SIDE DISH

Ingredients

- 0.5 cup cilantro leaves fresh chopped
- 1 pound green beans fresh trimmed
- 1 teaspoon ground cumin
- 4 cups mushrooms sliced
- 1 tablespoon olive oil
- 1 teaspoon pepper
- 0.5 cup red wine vinegar
- 24 ounce roasted bell peppers red drained cut into 3-inch strips

0.3 teaspoon salt

Equipment

bowl

slotted spoon

Directions

Combine first 6 ingredients in a large bowl. Stir well; set aside.

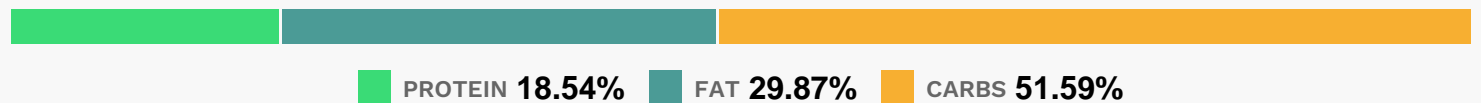
Steam beans, covered, 3 minutes or until tender.

Drain and rinse under cold water; drain well.

Add beans and remaining ingredients to bowl; toss gently to coat. Cover and marinate in refrigerator up to 24 hours.

Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:1.5, Inflammation Score:-7, Nutrition Score:12.097391239975%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 63.55kcal (3.18%), Fat: 2.36g (3.63%), Saturated Fat: 0.34g (2.12%), Carbohydrates: 9.18g (3.06%), Net Carbohydrates: 6.03g (2.19%), Sugar: 2.81g (3.13%), Cholesterol: 0mg (0%), Sodium: 1244.95mg (54.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Vitamin C: 47.84mg (57.98%), Vitamin K: 28.96µg (27.58%), Vitamin A: 905.5IU (18.11%), Manganese: 0.33mg (16.63%), Vitamin B2: 0.28mg (16.49%), Copper: 0.31mg (15.58%), Vitamin B6: 0.28mg (14.23%), Vitamin B3: 2.64mg (13.21%), Fiber: 3.15g (12.6%), Potassium: 415.31mg (11.87%), Folate: 41.17µg (10.29%), Iron: 1.79mg (9.94%), Vitamin B5: 0.89mg (8.88%), Phosphorus: 83.15mg (8.32%), Magnesium: 30.05mg (7.51%), Vitamin B1: 0.11mg (7.28%), Selenium: 5.09µg (7.28%), Calcium: 62.35mg (6.24%), Zinc: 0.56mg (3.76%), Vitamin E: 0.53mg (3.5%)