



Romano Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



44 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 4 teaspoons capers
- 2.5 tablespoons parsley fresh chopped
- 1 garlic clove
- 0.1 teaspoon kosher salt
- 2 teaspoons kosher salt
- 0.8 teaspoon lemon zest grated
- 2 teaspoons olive oil extra virgin extra-virgin

- 0.7 pound romano beans trimmed cut into 1/2-inch pieces
- 2 quarts water

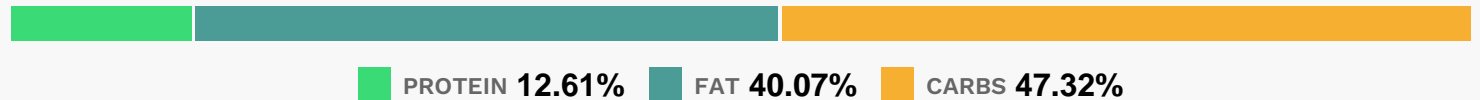
Equipment

- bowl
- sauce pan

Directions

- Bring 2 quarts water to a boil in a large saucepan.
- Add beans, 2 teaspoons salt, and garlic; cook 8 minutes or until tender.
- Drain and plunge beans into ice water; drain.
- Place beans in a medium bowl. Finely chop garlic; add to beans.
- Add parsley and remaining ingredients, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:1.59, Inflammation Score:-6, Nutrition Score:8.1878262654595%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 3.01mg, Kaempferol: 3.01mg, Kaempferol: 3.01mg, Kaempferol: 3.01mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Nutrients (% of daily need)

Calories: 43.93kcal (2.2%), Fat: 2.21g (3.4%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 5.87g (1.96%), Net Carbohydrates: 3.61g (1.31%), Sugar: 2.52g (2.8%), Cholesterol: 0mg (0%), Sodium: 1320.59mg (57.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.13%), Vitamin K: 75.32µg (71.73%), Vitamin C: 13.35mg (16.18%), Vitamin A: 735.59IU (14.71%), Manganese: 0.19mg (9.63%), Fiber: 2.26g (9.04%), Folate: 29.29µg (7.32%), Copper: 0.14mg (7.17%), Magnesium: 25.92mg (6.48%), Vitamin B6: 0.12mg (5.97%), Iron: 1.01mg (5.61%), Potassium: 178.88mg (5.11%), Vitamin B2: 0.09mg (5.01%), Calcium: 49.34mg (4.93%), Vitamin B1: 0.07mg (4.42%), Vitamin E: 0.64mg (4.24%), Phosphorus: 31.67mg (3.17%), Vitamin B3: 0.61mg (3.04%), Vitamin B5: 0.19mg (1.87%), Zinc:

0.28mg (1.84%)