



Runner bean vinaigrette

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

SIDE DISH

Ingredients

- 2 eggs
- 500 g romano beans halved (see tip, below)
- 1 tbsp unrefined sunflower oil
- 85 g bread white good
- 1 garlic clove
- 1 small bunch chives snipped
- 4 anchovies in olive oil chopped
- 4 tbsp olive oil

- 1 tbsp virgin olive oil
- 1 tsp mustard english

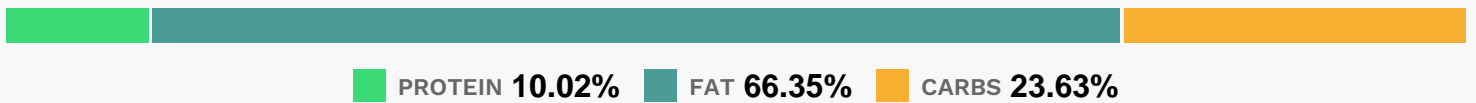
Equipment

- bowl
- frying pan
- whisk
- colander

Directions

- Put the eggs into a pan of cold water, bring to a boil, then simmer for 8 mins.
- Put the beans into a steamer or heatproof colander, cover and steam over the egg pan for 4-5 mins or until just tender and very bright green. Meanwhile, whisk the dressing ingredients together and season with salt and pepper. Cool the eggs under cold water, then peel.
- Heat a frying pan and add the oil. When hot, tip in the breadcrumbs and whole garlic clove. Stir for about 3 mins until toasty and golden, and just infused with the garlic. Chop the eggs, chives and anchovies and mix together.
- Toss the beans with the dressing while still warm, then scoop onto a serving dish. Top with the anchovy mix and the crumbs, then spoon over any dressing left in the bowl.

Nutrition Facts



Properties

Glycemic Index:48.94, Glycemic Load:9.99, Inflammation Score:-7, Nutrition Score:15.703913284385%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 325.48kcal (16.27%), Fat: 24.68g (37.97%), Saturated Fat: 3.78g (23.65%), Carbohydrates: 19.78g (6.59%), Net Carbohydrates: 15.88g (5.77%), Sugar: 5.48g (6.09%), Cholesterol: 85.24mg (28.41%), Sodium: 393.66mg (17.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.38g (16.77%), Vitamin K: 67.21µg (64.01%), Vitamin E: 4.88mg (32.56%), Selenium: 15.27µg (21.82%), Manganese: 0.42mg (21.11%), Vitamin A: 1026.71IU (20.53%), Vitamin C: 16.07mg (19.47%), Folate: 76.77µg (19.19%), Vitamin B2: 0.3mg (17.53%), Fiber: 3.9g (15.62%), Iron: 2.7mg (14.99%), Vitamin B1: 0.22mg (14.96%), Vitamin B3: 2.75mg (13.77%), Phosphorus: 126.88mg (12.69%), Vitamin B6: 0.25mg (12.6%), Calcium: 115.14mg (11.51%), Magnesium: 42.99mg (10.75%), Potassium: 346.88mg (9.91%), Vitamin B5: 0.78mg (7.76%), Copper: 0.15mg (7.29%), Zinc: 0.88mg (5.88%), Vitamin B12: 0.23µg (3.85%), Vitamin D: 0.51µg (3.39%)