



Snappy Beans and Peas with Pecorino

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 0.3 cup chives thinly sliced
- ☐ 1 teaspoon dijon mustard
- ☐ 1 garlic clove minced
- ☐ 0.5 pound haricots verts trimmed cut into thirds thin (green beans)
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 cup olive oil
- ☐ 1.5 oz parmesan cheese grated

- ☐ 0.5 cup peas green frozen thawed
- ☐ 2 cups radicchio thinly thinly sliced
- ☐ 1 large shallots finely chopped
- ☐ 0.5 pound sugar snap peas trimmed
- ☐ 8 servings table salt and pepper black to taste
- ☐ 8 servings table salt and pepper to taste
- ☐ 0.7 cup roasted walnut halves
- ☐ 6 cups water divided
- ☐ 0.5 pound turtle beans fresh yellow trimmed

Equipment

- ☐ bowl
- ☐ blender
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Process pecorino or Parmesan cheese, olive oil, lemon juice, garlic, anchovy paste, and Dijon mustard in a blender until smooth; add table salt and black pepper to taste.
- ☐ Place haricots verts and 2 cups water in a microwave-safe bowl. Cover tightly with plastic wrap, folding back a small edge to allow steam to escape. Microwave at HIGH 2 to 3 minutes or until crisp-tender; plunge into ice water.
- ☐ Drain; pat dry. Repeat with yellow wax beans and sugar snap peas.
- ☐ Combine beans, sugar snaps, radicchio, walnut halves, green peas, shallot, and chives. Chill up to 1 hour.
- ☐ Add desired amount of olive oil mixture to bean mixture; toss to coat.
- ☐ Sprinkle with salt and pepper to taste before serving.

Nutrition Facts



Properties

Glycemic Index:37.29, Glycemic Load:1.64, Inflammation Score:-7, Nutrition Score:12.520869737086%

Flavonoids

Cyanidin: 12.96mg, Cyanidin: 12.96mg, Cyanidin: 12.96mg, Cyanidin: 12.96mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.85mg, Luteolin: 3.85mg, Luteolin: 3.85mg, Luteolin: 3.85mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 155.83kcal (7.79%), Fat: 10.79g (16.61%), Saturated Fat: 1.9g (11.9%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 7.28g (2.65%), Sugar: 3.4g (3.78%), Cholesterol: 4.25mg (1.42%), Sodium: 524mg (22.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.34g (12.67%), Vitamin K: 51.8µg (49.33%), Vitamin C: 35.02mg (42.45%), Manganese: 0.54mg (27.03%), Folate: 75.48µg (18.87%), Copper: 0.31mg (15.37%), Fiber: 3.38g (13.51%), Vitamin A: 675.04IU (13.5%), Phosphorus: 127.33mg (12.73%), Calcium: 123.26mg (12.33%), Magnesium: 47.91mg (11.98%), Iron: 1.84mg (10.25%), Vitamin B6: 0.19mg (9.31%), Vitamin B1: 0.13mg (8.93%), Potassium: 304.59mg (8.7%), Vitamin E: 0.98mg (6.51%), Zinc: 0.95mg (6.32%), Vitamin B2: 0.11mg (6.23%), Vitamin B3: 0.89mg (4.47%), Selenium: 3.13µg (4.47%), Vitamin B5: 0.43mg (4.26%), Vitamin B12: 0.07µg (1.17%)