



String Bean & Arugula Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



124 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups regular arugula trimmed chopped
- ☐ 2 cloves garlic pressed peeled
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.8 pound and/or string beans green yellow trimmed

Equipment

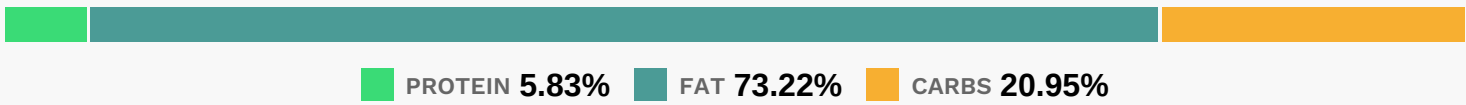
- ☐ bowl

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat the grill to medium-high.
- ☐ In a large bowl, toss the string beans with the olive oil and garlic.
- ☐ Let the beans rest for 10 minutes or so, then place the beans on a large square of heavy-duty aluminum foil. Fold the foil over the beans and fold down the ends of the foil twice.
- ☐ Place the foil packet on the grill, seam side up, and grill for 25 to 30 minutes.
- ☐ Let the beans cool for a few minutes, then combine them in a roomy bowl with the arugula, lemon zest, and salt and pepper to taste, tossing until the arugula is wilted, 2 to 3 minutes.
- ☐ From the book Grilling Vegan Style: 125 Fired-Up Recipes to Turn Every Bite into a Backyard BBQ by John Schlimm. Reprinted by arrangement with Da Capo Lifelong, a member of the Perseus Books Group. Copyright © 2012.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:1.89, Inflammation Score:-6, Nutrition Score:8.1695652370868%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.88mg, Kaempferol: 3.88mg, Kaempferol: 3.88mg, Kaempferol: 3.88mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 124.41kcal (6.22%), Fat: 10.77g (16.56%), Saturated Fat: 1.5g (9.39%), Carbohydrates: 6.93g (2.31%), Net Carbohydrates: 4.37g (1.59%), Sugar: 3.01g (3.35%), Cholesterol: 0mg (0%), Sodium: 8.32mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Vitamin K: 53.98µg (51.41%), Vitamin A: 825.07IU (16.5%), Vitamin C: 12.99mg (15.74%), Vitamin E: 1.91mg (12.71%), Manganese: 0.25mg (12.68%), Fiber: 2.57g (10.26%), Folate: 37.89µg (9.47%), Vitamin B6: 0.15mg (7.35%), Magnesium: 26.58mg (6.65%), Potassium: 224.6mg (6.42%), Iron: 1.12mg (6.22%), Vitamin B2: 0.1mg (5.84%), Vitamin B1: 0.08mg (5.17%), Calcium: 51.4mg (5.14%), Phosphorus:

40.03mg (4%), Copper: 0.07mg (3.63%), Vitamin B3: 0.67mg (3.34%), Vitamin B5: 0.25mg (2.47%), Zinc: 0.27mg (1.81%), Selenium: 0.76µg (1.09%)