



String Beans in Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

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READY IN

ready

15 min.

SERVINGS

servings

6

CALORIES

calories

135 kcal

SIDE DISH

Ingredients



1 tablespoon dijon mustard



6 servings olive oil extra-virgin for serving, optional



6 servings salt and pepper black freshly ground



1 medium shallots halved finely chopped



1 teaspoon sherry vinegar



0.3 pound string beans snipped



5 cups water

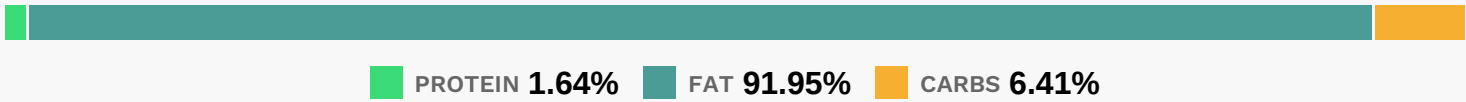
Equipment

- ☐ bowl
- ☐ whisk
- ☐ colander

Directions

- ☐ Place 5 cups of water to boil with salt, once the water has reached a rolling boil, remove from the heat and add the string beans to the water for about 5 minutes. Strain the string beans through a colander and run under cold water.
- ☐ In a large bowl, whisk the shallots, mustard and vinegar together.
- ☐ Add the string beans and some salt and pepper and toss to combine.
- ☐ Serve chilled or at room temperature, drizzled with a little extra-virgin olive oil, if you like.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:0.56, Inflammation Score:-2, Nutrition Score:2.820869539095%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 134.55kcal (6.73%), Fat: 14.13g (21.74%), Saturated Fat: 1.95g (12.19%), Carbohydrates: 2.22g (0.74%), Net Carbohydrates: 1.44g (0.52%), Sugar: 0.98g (1.09%), Cholesterol: 0mg (0%), Sodium: 39.36mg (1.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.13%), Vitamin K: 16.79µg (15.99%), Vitamin E: 2.1mg (14.03%), Manganese: 0.08mg (3.83%), Vitamin C: 2.65mg (3.22%), Fiber: 0.78g (3.11%), Vitamin A: 132.9IU (2.66%), Copper: 0.05mg (2.58%), Magnesium: 8.98mg (2.24%), Vitamin B6: 0.04mg (2.15%), Iron: 0.38mg (2.09%), Folate: 7.85µg (1.96%), Potassium: 59.34mg (1.7%), Calcium: 16.66mg (1.67%), Vitamin B1: 0.02mg (1.52%), Selenium: 1.02µg (1.45%), Vitamin B2: 0.02mg (1.31%), Phosphorus: 12.61mg (1.26%)