



Summer crunch salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



199 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 200 g mushrooms finely sliced
- ☐ 1 juice of lemon
- ☐ 200 g green beans trimmed
- ☐ 1 handful herbs like: thym green such as basil, chervil, parsley and tarragon soft
- ☐ 100 g cherry tomatoes quartered
- ☐ 3 tbsp olive oil
- ☐ 75 g parmesan shaved (or vegetarian alternative)

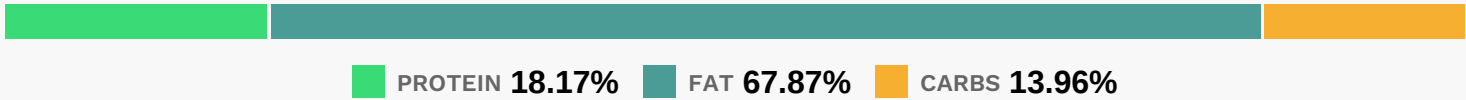
Equipment

☐ bowl

Directions

- ☐ In a bowl, toss mushrooms with half the lemon juice and set aside the lemon juice will soften the mushrooms. Blanch the beans in boiling salted water for 5–6 mins until they still have a crunch, but they are not squeaky, then drain and cool in iced water.
- ☐ Toss the beans and mushrooms together in a bowl with the herbs and season with salt and pepper. Toss through the tomatoes, remaining lemon juice and the olive oil and scatter with Parmesan just before serving.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:1.51, Inflammation Score:-6, Nutrition Score:11.230000102002%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 199.09kcal (9.95%), Fat: 15.67g (24.11%), Saturated Fat: 4.58g (28.64%), Carbohydrates: 7.25g (2.42%), Net Carbohydrates: 5.2g (1.89%), Sugar: 3.58g (3.98%), Cholesterol: 12.75mg (4.25%), Sodium: 308.93mg (13.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.44g (18.89%), Vitamin K: 30.91µg (29.44%), Calcium: 246.19mg (24.62%), Phosphorus: 200.01mg (20%), Vitamin C: 15.84mg (19.2%), Vitamin B2: 0.32mg (18.96%), Selenium: 9.3µg (13.29%), Vitamin A: 640.51IU (12.81%), Vitamin E: 1.92mg (12.79%), Vitamin B3: 2.37mg (11.84%), Copper: 0.22mg (11.07%), Vitamin B5: 0.99mg (9.89%), Potassium: 345.55mg (9.87%), Manganese: 0.17mg (8.41%), Fiber: 2.06g (8.22%), Vitamin B6: 0.16mg (8.18%), Folate: 31.4µg (7.85%), Magnesium: 28.27mg (7.07%), Vitamin B1: 0.1mg (6.65%), Iron: 1.17mg (6.5%), Zinc: 0.94mg (6.26%), Vitamin B12: 0.25µg (4.08%), Vitamin D: 0.19µg (1.29%)