



Warm Green Bean and Pancetta Salad

 Gluten Free

READY IN



30 min.

SERVINGS



3

CALORIES



422 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 medium tomatoes cored ripe chopped
- ☐ 3 Tbsp sherry vinegar (a mild, flavorful wine vinegar)
- ☐ 2 teaspoon honey
- ☐ 0.3 pound pancetta thinly sliced
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 0.8 pound green beans fresh ends trimmed halved (if any)
- ☐ 3 servings kosher salt and pepper freshly ground
- ☐ 2 ounces parmesan cheese shavings chopped (Parmigiano Reggiano)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Heat salted water in a medium saucepan for the beans, a tablespoon of salt for every 4 cups of water. While the water is heating, start on the next two steps.
- ☐ In a small bowl, mix the honey and sherry vinegar. Set aside.
- ☐ Heat a large sauté pan to medium heat. Cook the strips of pancetta in batches until golden and crisp.
- ☐ Let drain on a paper towel set over a plate to absorb the excess fat.
- ☐ Discard all but 1 Tbsp of the fat remaining in the pan (don't put down the drain or you'll clog your drain when the fat cools).
- ☐ Add 3 Tbsp of olive oil to the pan, set aside.
- ☐ Chop the pancetta.
- ☐ Cook green beans in salted water: Once the salted water is boiling, add the beans, return to boiling, and cook until tender, about 5 minutes.
- ☐ Drain the beans. Put beans into a large serving bowl.
- ☐ Add the tomatoes.
- ☐ Heat the oil in the skillet that was used to cook the pancetta on medium heat.
- ☐ Whisk in the vinegar honey mixture. Turn the heat up and continue to whisk as the mixture boils and blends.
- ☐ Pour out the hot dressing on to the beans and tomatoes. Season with salt and pepper.
- ☐ Add the chopped pancetta and Parmesan and toss.

Nutrition Facts



Properties

Glycemic Index:54.42, Glycemic Load:5.24, Inflammation Score:-8, Nutrition Score:17.097391195919%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 422.4kcal (21.12%), Fat: 34.3g (52.77%), Saturated Fat: 10.14g (63.37%), Carbohydrates: 16.07g (5.36%), Net Carbohydrates: 12.02g (4.37%), Sugar: 9.84g (10.93%), Cholesterol: 37.8mg (12.6%), Sodium: 759.36mg (33.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.34g (28.69%), Vitamin K: 63.99µg (60.94%), Vitamin A: 1627.1IU (32.54%), Vitamin C: 25.17mg (30.5%), Calcium: 277.25mg (27.73%), Phosphorus: 249.74mg (24.97%), Vitamin E: 3.13mg (20.85%), Selenium: 12.57µg (17.95%), Manganese: 0.36mg (17.87%), Vitamin B6: 0.34mg (17.22%), Fiber: 4.06g (16.22%), Vitamin B1: 0.23mg (15.67%), Potassium: 534.26mg (15.26%), Vitamin B3: 2.9mg (14.48%), Vitamin B2: 0.23mg (13.45%), Folate: 51.14µg (12.78%), Magnesium: 50.92mg (12.73%), Iron: 1.87mg (10.37%), Zinc: 1.39mg (9.28%), Copper: 0.15mg (7.59%), Vitamin B12: 0.42µg (6.93%), Vitamin B5: 0.63mg (6.27%), Vitamin D: 0.25µg (1.64%)