



Warm Green Bean and Potato Salad with Goat Cheese

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



231 kcal

SIDE DISH

Ingredients

- 0.5 cup balsamic vinaigrette dressing reduced-fat
- 0.3 cup basil fresh chopped
- 4 cloves garlic minced
- 8 ounce goat cheese crumbled
- 0.5 pound green beans frozen french-style thawed
- 1 cup onion red chopped
- 2 pounds potatoes red cut into bite-size pieces

1 cup roasted peppers red jarred drained chopped

Equipment

bowl

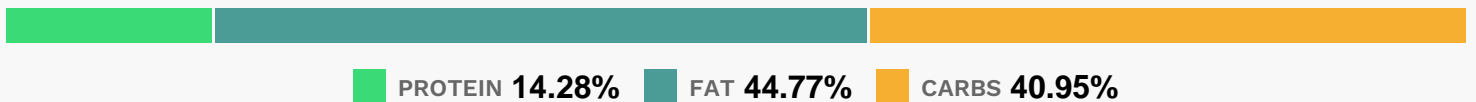
frying pan

pot

Directions

- Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, 8 to 10 minutes.
- Drain and allow to steam dry for a minute or two.
- Place potatoes in a large bowl.
- Heat a large skillet over medium-high heat; grease with cooking spray. Cook and stir the green beans and onion until tender, about 5 minutes. Stir in the garlic; cook and stir until garlic is fragrant, about 1 minute more.
- Transfer the green bean mixture into the large bowl with the potatoes.
- Add the balsamic vinaigrette, roasted red peppers, and basil; toss lightly. Stir in the goat cheese.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:1.11, Inflammation Score:-6, Nutrition Score:10.855217462001%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 230.65kcal (11.53%), Fat: 11.69g (17.99%), Saturated Fat: 4.69g (29.34%), Carbohydrates: 24.06g (8.02%), Net Carbohydrates: 20.77g (7.55%), Sugar: 4g (4.44%), Cholesterol: 13.04mg (4.35%), Sodium: 499.85mg (21.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.39g (16.78%), Vitamin C: 23.43mg (28.4%), Copper: 0.42mg (20.85%), Vitamin B6: 0.38mg (18.93%), Potassium: 646.13mg (18.46%), Vitamin K: 19.21µg (18.29%), Manganese: 0.34mg (16.85%), Phosphorus: 164.54mg (16.45%), Fiber: 3.29g (13.15%), Vitamin A: 627.5IU (12.55%), Vitamin B2: 0.19mg (10.9%), Iron: 1.89mg (10.5%), Magnesium: 41.35mg (10.34%), Vitamin B1: 0.15mg (10.12%), Folate: 40.32µg (10.08%), Vitamin B3: 1.77mg (8.85%), Calcium: 78.81mg (7.88%), Vitamin B5: 0.61mg (6.15%), Zinc: 0.79mg (5.28%), Selenium: 1.9µg (2.71%), Vitamin E: 0.19mg (1.27%)