



Watercress and Green Beans with Lime Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 pound green beans
- ☐ 2 teaspoons lime zest
- ☐ 0.1 cup pinenuts toasted
- ☐ 1 shallots
- ☐ 1 bunch watercress
- ☐ 1 Bottle red wine vinaigrette

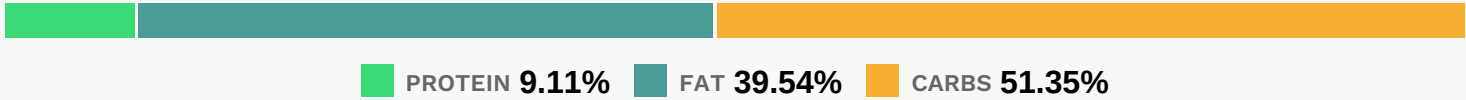
Equipment

bowl

Directions

- Wash and dry watercress. Thinly slice shallot. Trim green beans and blanch in boiling water until crisp-tender, 4 to 5 minutes.
- Drain and plunge into ice water.
- Mix lime zest with 1/4 cup of your favorite bottled red wine vinaigrette.
- Add the watercress, shallot, green beans, and toasted pine nuts to the bowl and toss well.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:1.59, Inflammation Score:-7, Nutrition Score:7.445652142815%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Petunidin: 3.71mg, Petunidin: 3.71mg, Petunidin: 3.71mg, Petunidin: 3.71mg Delphinidin: 3.77mg, Delphinidin: 3.77mg, Delphinidin: 3.77mg, Delphinidin: 3.77mg Malvidin: 25.95mg, Malvidin: 25.95mg, Malvidin: 25.95mg, Malvidin: 25.95mg Peonidin: 2.34mg, Peonidin: 2.34mg, Peonidin: 2.34mg Catechin: 13.39mg, Catechin: 13.39mg, Catechin: 13.39mg, Catechin: 13.39mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 7.11mg, Epicatechin: 7.11mg, Epicatechin: 7.11mg, Epicatechin: 7.11mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Hesperetin: 1.61mg, Hesperetin: 1.61mg, Hesperetin: 1.61mg Naringenin: 3.35mg, Naringenin: 3.35mg, Naringenin: 3.35mg, Naringenin: 3.35mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 202.04kcal (10.1%), Fat: 2.96g (4.56%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 8.66g (2.89%), Net Carbohydrates: 7.48g (2.72%), Sugar: 2.76g (3.07%), Cholesterol: 0mg (0%), Sodium: 12.62mg (0.55%), Alcohol: 19.88g (100%), Alcohol %: 10.78% (100%), Protein: 1.53g (3.07%), Manganese: 0.71mg (35.68%), Vitamin K: 30.9µg (29.42%), Magnesium: 42.86mg (10.72%), Potassium: 365.65mg (10.45%), Vitamin B6: 0.18mg (9.04%), Phosphorus: 85.84mg (8.58%), Vitamin C: 6.97mg (8.45%), Iron: 1.48mg (8.23%), Vitamin A: 400.77IU (8.02%),

Vitamin B2: 0.11mg (6.24%), Copper: 0.11mg (5.34%), Fiber: 1.18g (4.72%), Zinc: 0.64mg (4.24%), Vitamin B3: 0.84mg (4.2%), Folate: 15.43µg (3.86%), Vitamin E: 0.58mg (3.85%), Vitamin B1: 0.06mg (3.84%), Calcium: 36.31mg (3.63%), Vitamin B5: 0.17mg (1.73%), Selenium: 0.71µg (1.01%)