



Wax Bean, Roasted Pepper, and Tomato Salad with Goat Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



62 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups cherry tomatoes halved
- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 1 teaspoon olive oil extravirgin
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 ounces goat cheese crumbled
- ☐ 0.5 cup spring onion sliced

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 medium bell pepper red
- ☐ 2.5 teaspoons salt divided
- ☐ 1.5 teaspoons sugar
- ☐ 2 quarts water
- ☐ 1 pound turtle beans trimmed cut in half crosswise

Equipment

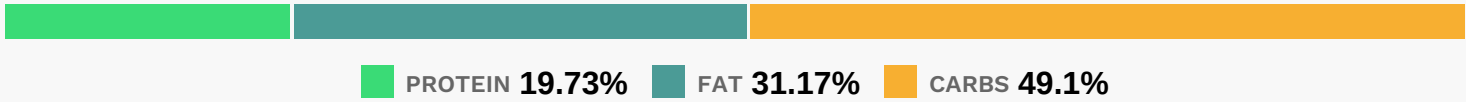
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut bell pepper in half lengthwise, and discard the seeds and membranes.
- ☐ Place bell pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil pepper halves 10 minutes or until blackened.
- ☐ Place in a zip-top plastic bag, and seal.
- ☐ Let stand 15 minutes. Peel and cut into strips.
- ☐ Bring 2 quarts water and 2 teaspoons salt to a boil in a large saucepan.
- ☐ Add beans; cook 4 minutes or until beans are crisp-tender.
- ☐ Drain; place in a large bowl.
- ☐ Add bell pepper strips, tomatoes, onions, and parsley; toss to combine.
- ☐ Combine remaining 1/2 teaspoon of salt, cider vinegar, and remaining ingredients except goat cheese, stirring with a whisk.

- ☐ Drizzle over salad; toss gently to combine.
- ☐ Sprinkle with goat cheese.

Nutrition Facts



Properties

Glycemic Index:32.76, Glycemic Load:1.61, Inflammation Score:-7, Nutrition Score:9.2773912898872%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 62.43kcal (3.12%), Fat: 2.29g (3.53%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 8.13g (2.71%), Net Carbohydrates: 6.39g (2.33%), Sugar: 2.66g (2.96%), Cholesterol: 3.26mg (1.09%), Sodium: 795.64mg (34.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.53%), Vitamin C: 44.57mg (54.02%), Vitamin K: 45.92µg (43.73%), Folate: 76.97µg (19.24%), Vitamin A: 942.92IU (18.86%), Copper: 0.17mg (8.54%), Potassium: 270.15mg (7.72%), Iron: 1.33mg (7.41%), Fiber: 1.74g (6.96%), Magnesium: 27.46mg (6.87%), Phosphorus: 60.01mg (6%), Calcium: 56.89mg (5.69%), Vitamin B6: 0.1mg (4.95%), Manganese: 0.1mg (4.77%), Vitamin E: 0.59mg (3.93%), Vitamin B2: 0.06mg (3.33%), Zinc: 0.47mg (3.11%), Vitamin B1: 0.04mg (2.39%), Vitamin B3: 0.45mg (2.23%), Vitamin B5: 0.17mg (1.66%), Selenium: 1.09µg (1.56%)