## Green Bean And Almond Salad With Tarragon

Prep Time Total Time 10 mins 25 mins

Meal Type Contributed By

Source



Servings

## Directions

## Prep

- 1. Remove stems from green beans.
- 2. Zest and juice lemon.

## Make

- 1. Steam green beans for two minutes until they turn bright green. Rinse immediately in cold water to stop cooking process.
- 2. Add 1 tablespoon lemon juice, vinegar, mustard, 1 teaspoon lemon zest, and olive oil to mason jar shake to combine.
- 3. Toss beans with dressing to coat. Season with salt and pepper and top with almonds before serving.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "~" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	
Nutrition	Total Fat 6.7g	10%	Total Carbohydrates 15g	4%	* The percent Daily Value
Facts	Saturated Fat 0.8g	3%	Dietary Fiber 6g	23%	<ul> <li>(DV) tells your how much a nutrient in a serving of food contributes to ta daily diet.</li> <li>2,000 calories a day is used for general nutrition advice.</li> </ul>
1 4013	Trans Fat 0.0g		Total Sugars 6g		
Calories 122	Cholesterol Omg	0%			
122	Sodium 25mg	1%	Protein 5g		
per serving		Vitamin D 0mcg 0% · Calcium 88mg 8% · Iron 2mg 12% · Potassium 436mg 9%			

- Show all nutrients -

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Ingredients

dried)

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• 1 Tbs olive oil

salt, to taste

pepper, to taste

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• 1 1/2 lb green beans, trimmed

• 1/4 cup sliced almonds raw

• 1 lemon, zested and juiced

• 1tsp red wine vinegar

• 1tsp Dijon mustard

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• 1 tsp fresh tarragon, *chopped* (1/2 teaspoon

