



Healthdor

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## Potato and Green Bean Salad ♦♦

A refreshing and healthy salad made with potatoes and green beans, perfect for those with gastritis.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>300 g</b>	potato
<b>2 tbsp</b>	olive oil
<b>200 g</b>	Green beans
<b>50 g</b>	red onion
<b>2 tbsp</b>	lemon juice
<b>10 g</b>	fresh parsley

# Directions

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## Step 1

### Boiling

Boil the potatoes in salted water until tender. Drain and let cool.

**Prep Time:** 10 mins

**Cook Time:** 15 mins

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## Step 2

### Blanching

Blanch the green beans in boiling water for 2 minutes. Drain and rinse with cold water.

**Prep Time:** 5 mins

**Cook Time:** 2 mins

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## Step 3

### Mixing

In a large bowl, combine the potatoes, green beans, red onion, and parsley.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

## Mixing

In a small bowl, whisk together the olive oil and lemon juice. Pour over the salad and toss to coat.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Step 5

## Serving

Season with salt and pepper to taste. Serve chilled.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

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**Calories:** 250 kcal

**Fat:** 10 g

**Protein:** 5 g

**Carbohydrates:** 35 g

## Nutrition Facts

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## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fat	10 g	35.71%	40%

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	30 mg	33.33%	40%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	40 mg	4%	4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	2 mg	25%	11.11%

## Recipe Attributes

### Healthy For

Gastritis

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

### Meal Type

Side Dish

### Course

Salads

Snacks

Sauces & Dressings

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