



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Green Bean and Hazelnut Salad ·•

A refreshing and nutritious salad made with green beans and hazelnuts. This salad is vegan-friendly and perfect for a light lunch or dinner.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Green beans
100 g	Hazelnuts
2 tbsp	olive oil
2 tbsp	lemon juice
2 cloves	garlic
1 tsp	salt

0.5 tsp black pepper

Directions

Step 1

Boiling

Bring a pot of salted water to a boil. Add the green beans and cook for 3-4 minutes, until crisp-tender. Drain and rinse with cold water to stop the cooking process.

Prep Time: 5 mins

Cook Time: 4 mins

Step 2

Roasting

In a small skillet, toast the hazelnuts over medium heat for 5 minutes, or until fragrant. Let cool, then roughly chop.

Prep Time: 2 mins

Cook Time: 5 mins

Step 3

Mixing

In a large bowl, whisk together the olive oil, lemon juice, minced garlic, salt, and black pepper.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Mixing

Add the green beans and chopped hazelnuts to the bowl with the dressing. Toss to coat evenly.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Serving

Serve the salad immediately or refrigerate for later use.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 15 g

Protein: 6 g

Carbohydrates: 12 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	6 g	15.79%	24%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%
Iron	8 mg	100%	44.44%
Potassium	250 mg	7.35%	9.62%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Thanksgiving Barbecue Picnic Game Day

Cuisines

Japanese Mediterranean Greek Spanish American Middle Eastern

Nutritional Content

Low Calorie Low Fat Sugar-Free High Vitamin C High Calcium

Course

Salads Snacks

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

Visit our website: healthdor.com