

Green Bean Salad with Walnuts, Parmesan and Mint

Yield: 6 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-green-bean-salad-recipe>

Ingredients:

- 1 pound green beans young beans are best, washed and trimmed
- 1/2 cup chopped walnuts
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons balsamic vinegar white, or substitute red balsamic
- 1/3 cup chopped fresh mint
- 1/3 cup Parmesan shaved
- white pepper
- salt

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 5 milligrams
4. Fat: 13 grams
5. Fiber: 4 grams
6. Protein: 5 grams
7. SaturatedFat: 2 grams
8. Sodium: 230 milligrams
9. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy Green Bean Salad with Walnuts, Parmesan and Mint above. You can see more 19 indian green bean salad recipe Get cooking and enjoy! to get more great cooking ideas.