

## METABOLIC NUTRITION PROGRAM

### Asian Green Bean Salad

Adapted from Cosmopolitan.com

Servings Per Recipe: 4

Per Serving: 200 Calories, 1.6 gm Protein, 16 gm Fat, 15 gm Carbohydrates

1 pound green beans, blanched  
1 cup cherry tomatoes, halved  
½ cup mandarin-orange segments  
2 Tablespoons dried cranberries  
¼ cup extra-virgin olive oil  
2 Tablespoons rice-wine vinegar  
1 Tablespoon sesame oil  
1 teaspoon fresh ginger, grated  
Salt and pepper

#### Directions

1. In a large bowl, combine beans, tomatoes, oranges, and cranberries.
2. In a separate bowl, mix olive oil, vinegar, sesame oil, and ginger until emulsified. Add salt and pepper. Mix dressing with green beans, and toss.

<b>Nutrition Facts</b>	
Serving Size (218g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 200	<b>Calories from Fat</b> 140
% Daily Value*	
<b>Total Fat</b> 16g	<b>25%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 560mg	<b>23%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 11g	
<b>Protein</b> 2g	
Vitamin A 10%	• Vitamin C 40%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000      2,500
Total Fat	Less than 65g      80g
Saturated Fat	Less than 20g      25g
Cholesterol	Less than 300mg      300mg
Sodium	Less than 2,400mg      2,400mg
Total Carbohydrate	300g      375g
Dietary Fiber	25g      30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	