

# GSDeeelicious!

Glycogen Storage Disease Friendly Recipes



## Curry Bean Salad

Recipe makes: 9 servings

Prep time: 15 minutes

| Nutrition info<br>per serving | 1/8 cup |
|-------------------------------|---------|
| Calories                      | 154     |
| Carbohydrate                  | 16 g    |
| Protein                       | 6 g     |
| Fat                           | 8 g     |
| Total Sugars                  | 3.2 g   |

The University of Minnesota Nutrition Data System for Research (NDSR) Program (2016) was used for the nutrition analysis.

# Curry Bean Salad

## Ingredients:

### Tahini Sauce:

- 3 cloves (9 g) garlic, minced
- 1 Tbsp (15 g) lemon juice
- 2 Tbsp (27 g) olive oil
- 1/33 cup (79 g) bottled water
- ½ cup (120 g) tahini (sesame paste)
- 2 tsp (1 g) erythritol, or another suitable no-calorie sweetener
- ½ tsp (3 g) sea salt
- ½ tsp (1.2 g) ground black pepper
- 1 Tbsp (14.9 g) curry sauce, prepared with a little water
- 1 ½ Tbsp (22.3 g) rice vinegar

### Bean Salad:

- 8oz (227 g) can kidney beans, rinsed and drained
- ½ cup (42.5 g) raw broccoli, finely chopped into florets
- 8 oz (227 g) can chick peas, rinsed and drained
- 4 oz (113 g) can corn, rinsed and drained
- ¼ large raw onion (37.5 g), chopped
- ½ tsp (1 g) curry powder
- ¼ tsp (1.5 g) salt
- ¼ tsp (0.5 g) ground black pepper
- ¼ cup (28.5 g) walnuts, chopped

## Method:

1. Place all tahini ingredients in a blender and blenderize until smooth.
2. Pour tahini paste into a jar or a food container and chill until ready to use.
3. Add all bean salad ingredients except walnuts to a large mixing bowl. Mix well.
4. Pour half of the tahini sauce over the bean salad and toss.
5. Top with walnuts.

*Chef's tip: Serve on a bed of greens with grilled chicken.*

*Serving suggestions: Serve chilled.*

*Garnish with parsley or other herbs if desired.*



Innovation in Nutrition

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Always consult your healthcare professional before making any changes to your diet.

This recipe was designed for individuals who have hepatic Glycogen Storage Diseases (GSD) types 0, I, III, VI and IX.

Recipe and mixing suggestions have been tested using the ingredients mentioned, however other similar products may be used.

Please discuss the suitability of these substitutions with your healthcare professional.

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