



Balsamic-Glazed Green Beans

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp balsamic vinaigrette dressing kraft
- 1 Tbsp brown sugar
- 2 tsp butter
- 0.3 cup cranberries dried
- 1 lb green beans fresh trimmed
- 0.3 cup planters slivered almonds
- 0.5 cup onions sweet finely chopped

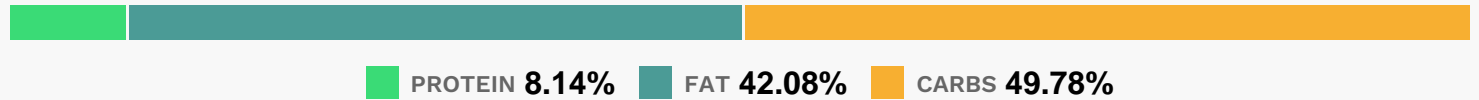
Equipment

frying pan

Directions

- Cook beans and cranberries in simmering water in skillet 4 to 5 min. or until beans are crisp-tender; drain. Rinse with cold water; drain again.
- Melt butter in large nonstick skillet on medium heat.
- Add onions and sugar; cook and stir 5 min.
- Add bean mixture; cook and stir 3 min. or until heated through.
- Add dressing; cook and stir 1 min. Top with nuts.

Nutrition Facts



Properties

Glycemic Index:5.3, Glycemic Load:0.46, Inflammation Score:-2, Nutrition Score:2.1573912829323%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 33.71kcal (1.69%), Fat: 1.7g (2.62%), Saturated Fat: 0.37g (2.32%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 3.61g (1.31%), Sugar: 3.1g (3.44%), Cholesterol: 1.08mg (0.36%), Sodium: 18.68mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.48%), Vitamin K: 9.95µg (9.48%), Manganese: 0.09mg (4.43%), Fiber: 0.92g (3.7%), Vitamin C: 2.96mg (3.59%), Vitamin A: 169.04IU (3.38%), Vitamin E: 0.49mg (3.29%), Magnesium: 9.82mg (2.45%), Vitamin B2: 0.04mg (2.38%), Folate: 9.02µg (2.25%), Vitamin B6: 0.04mg (2%), Potassium: 64.42mg (1.84%), Iron: 0.31mg (1.7%), Copper: 0.03mg (1.67%), Phosphorus: 16.5mg (1.65%), Vitamin B1: 0.02mg (1.55%), Calcium: 13.77mg (1.38%), Vitamin B3: 0.23mg (1.16%)