



Balsamic-Glazed Green Beans

 Vegetarian  Gluten Free

READY IN



8 min.

SERVINGS



4

CALORIES



73 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 2 garlic cloves minced
- ☐ 12 ounce green beans trimmed
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons shallots minced (2)

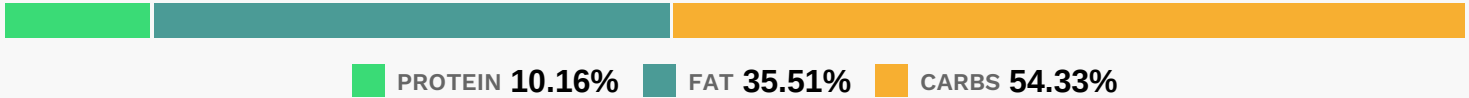
Equipment

- ☐ frying pan
- ☐ microwave

Directions

- ☐ Microwave green beans according to package directions.
- ☐ While beans cook, melt butter in a large skillet over medium heat.
- ☐ Add shallots and garlic; cook, stirring constantly, 2 minutes. Stir in vinegar, salt, and pepper; cook 1 minute.
- ☐ Add beans, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:3.49, Inflammation Score:-6, Nutrition Score:6.7930434517886%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 73.43kcal (3.67%), Fat: 3.04g (4.68%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 10.48g (3.49%), Net Carbohydrates: 7.88g (2.87%), Sugar: 5.76g (6.4%), Cholesterol: 7.53mg (2.51%), Sodium: 323.14mg (14.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Vitamin K: 37.11µg (35.34%), Vitamin C: 11.44mg (13.87%), Vitamin A: 675.42IU (13.51%), Manganese: 0.27mg (13.41%), Fiber: 2.6g (10.4%), Vitamin B6: 0.16mg (8.24%), Folate: 30.79µg (7.7%), Potassium: 230.93mg (6.6%), Magnesium: 25.42mg (6.35%), Iron: 1.12mg (6.23%), Vitamin B2: 0.09mg (5.47%), Vitamin B1: 0.08mg (5.17%), Phosphorus: 43.18mg (4.32%), Calcium: 42.83mg (4.28%), Copper: 0.08mg (3.79%), Vitamin B3: 0.65mg (3.26%), Vitamin E: 0.44mg (2.9%), Vitamin B5: 0.23mg (2.28%), Zinc: 0.27mg (1.8%), Selenium: 0.86µg (1.22%)