



WHATSheATE



Balsamic-Glazed Green Beans and Pearl Onions

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



55 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter divided
- ☐ 1.3 pounds green beans trimmed
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup lower-sodium chicken broth fat-free
- ☐ 6 ounces pearl onions red peeled halved lengthwise

☐ 1 tablespoon sugar

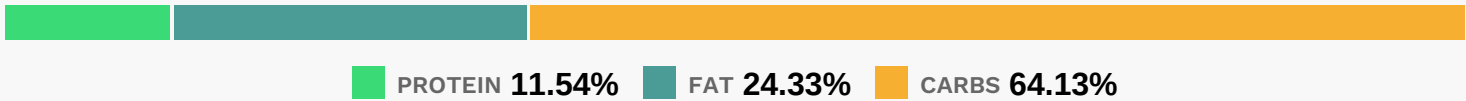
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place beans into a large saucepan of boiling water; cook 3 minutes.
- ☐ Drain and rinse with cold water; drain well.
- ☐ Place beans in a large bowl; set aside.
- ☐ Heat 1 1/2 teaspoons butter in a large nonstick skillet over medium-high heat.
- ☐ Add onions; saut 3 minutes or until lightly browned, stirring frequently.
- ☐ Add broth, vinegar, and sugar; bring to a boil. Simmer 3 minutes or until syrupy.
- ☐ Add beans, remaining 1 1/2 teaspoons butter, salt, and pepper; toss to coat. Cook for 2 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:34.39, Glycemic Load:3.4, Inflammation Score:-5, Nutrition Score:5.6143478150277%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 54.86kcal (2.74%), Fat: 1.61g (2.47%), Saturated Fat: 0.95g (5.91%), Carbohydrates: 9.52g (3.17%), Net Carbohydrates: 7.22g (2.62%), Sugar: 5.61g (6.23%), Cholesterol: 3.76mg (1.25%), Sodium: 176.87mg (7.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.43%), Vitamin K: 30.89µg (29.42%), Vitamin C: 10.22mg

(12.39%), Vitamin A: 533.87IU (10.68%), Manganese: 0.2mg (10.24%), Fiber: 2.31g (9.23%), Folate: 27.5µg (6.88%), Vitamin B6: 0.13mg (6.29%), Potassium: 204.45mg (5.84%), Magnesium: 20.82mg (5.2%), Vitamin B2: 0.08mg (4.74%), Iron: 0.83mg (4.62%), Vitamin B1: 0.07mg (4.54%), Phosphorus: 34.86mg (3.49%), Calcium: 33.81mg (3.38%), Copper: 0.06mg (3.03%), Vitamin B3: 0.55mg (2.74%), Vitamin E: 0.34mg (2.24%), Vitamin B5: 0.19mg (1.89%), Zinc: 0.21mg (1.43%)