



Balsamic Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



126 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 teaspoon dijon mustard
- ☐ 1 pound haricots verts trimmed (haricots verts)
- ☐ 1 tablespoon brown sugar light
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 2 shallots minced

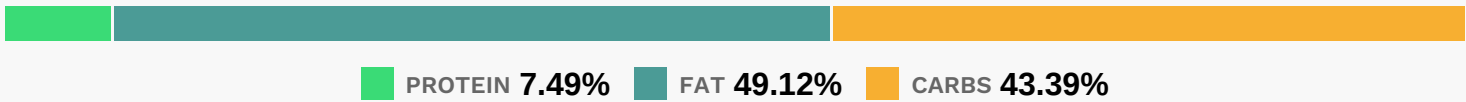
Equipment

☐ frying pan

Directions

- ☐ Cook green beans in boiling salted water to cover 5 to 6 minutes or until crisp-tender; drain. Plunge green beans into ice water to stop the cooking process, and drain.
- ☐ Stir together vinegar, brown sugar, and mustard until smooth.
- ☐ Cook shallots in hot oil in skillet over medium heat, stirring often, 1 minute or until tender. Stir in vinegar mixture, salt, and pepper.
- ☐ Add green beans; toss to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:3.45, Inflammation Score:-6, Nutrition Score:9.23999999939877%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 125.86kcal (6.29%), Fat: 7.31g (11.25%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 14.54g (4.85%), Net Carbohydrates: 10.96g (3.98%), Sugar: 8.81g (9.78%), Cholesterol: 0mg (0%), Sodium: 606.29mg (26.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Vitamin K: 53.5µg (50.96%), Vitamin C: 14.84mg (17.99%), Manganese: 0.33mg (16.62%), Vitamin A: 785.2IU (15.7%), Fiber: 3.58g (14.31%), Folate: 41.83µg (10.46%), Vitamin B6: 0.21mg (10.29%), Vitamin E: 1.48mg (9.9%), Potassium: 299.36mg (8.55%), Magnesium: 33.25mg (8.31%), Iron: 1.49mg (8.25%), Vitamin B2: 0.12mg (7.16%), Vitamin B1: 0.1mg (6.87%), Phosphorus: 53.98mg (5.4%), Calcium: 53.56mg (5.36%), Copper: 0.1mg (4.87%), Vitamin B3: 0.87mg (4.35%), Vitamin B5: 0.3mg (3.03%), Zinc: 0.34mg (2.28%), Selenium: 1.31µg (1.86%)