



Balsamic Green Beans

 Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



270 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup lightly roasted almonds salted coarsely chopped
- ☐ 0.5 cup balsamic vinegar
- ☐ 3 tablespoons butter
- ☐ 0.5 cup bacon crumbled cooked (5 slices)
- ☐ 2 pounds haricots verts fresh trimmed (tiny green beans)
- ☐ 1 tablespoon brown sugar light
- ☐ 10 servings salt and pepper freshly ground to taste
- ☐ 6 large shallots

☐ 10 servings vegetable oil

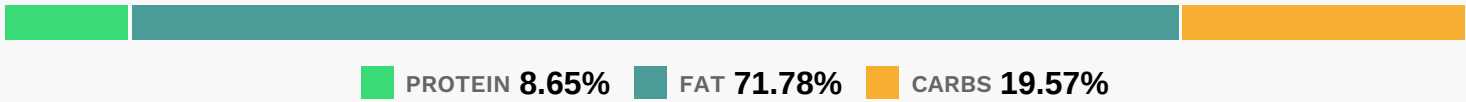
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Cook beans in boiling salted water to cover 3 to 4 minutes or until crisp-tender; drain. Plunge beans into ice water to stop the cooking process; drain.
- ☐ Cut shallots crosswise into thin slices; separate into rings.
- ☐ Pour oil to depth of 1 inch into a heavy saucepan; heat over medium-high heat to 35
- ☐ Fry shallots, in batches, 1 to 2 minutes or until crisp.
- ☐ Remove from skillet using a slotted spoon; drain on paper towels.
- ☐ Cook vinegar and sugar in a large skillet over medium-high heat, stirring often, 5 to 6 minutes or until reduced to 3 Tbsp. Stir in butter until blended.
- ☐ Add beans, and saut 5 minutes or until thoroughly heated; season with salt and pepper to taste. Arrange on a serving platter. Top with shallots, almonds, and bacon.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.6, Glycemic Load:3.55, Inflammation Score:-6, Nutrition Score:10.910869530686%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 270.15kcal (13.51%), Fat: 22.4g (34.46%), Saturated Fat: 5.42g (33.88%), Carbohydrates: 13.74g (4.58%), Net Carbohydrates: 9.92g (3.61%), Sugar: 7.52g (8.36%), Cholesterol: 17.1mg (5.7%), Sodium: 400.88mg (17.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.15%), Vitamin K: 65.17µg (62.07%), Vitamin E: 3.45mg (23.01%), Manganese: 0.42mg (21.05%), Fiber: 3.82g (15.29%), Vitamin C: 12.27mg (14.87%), Vitamin A: 731.59IU (14.63%), Magnesium: 46.86mg (11.72%), Vitamin B2: 0.18mg (10.61%), Folate: 38.32µg (9.58%), Vitamin B6: 0.19mg (9.5%), Potassium: 310.85mg (8.88%), Iron: 1.49mg (8.25%), Phosphorus: 81.34mg (8.13%), Copper: 0.15mg (7.67%), Vitamin B1: 0.1mg (6.55%), Calcium: 63.92mg (6.39%), Vitamin B3: 0.96mg (4.79%), Zinc: 0.52mg (3.44%), Vitamin B5: 0.29mg (2.87%), Selenium: 1.07µg (1.53%)