



Basic Sautéed Green Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



96 kcal

SIDE DISH

Ingredients

- 8 servings pepper black freshly ground
- 1 tablespoon granulated sugar
- 2 pounds green beans
- 3 tablespoons olive oil
- 0.3 cup flat parsley italian coarsely chopped
- 0.3 cup red wine vinegar
- 8 servings salt
- 1 medium onion yellow

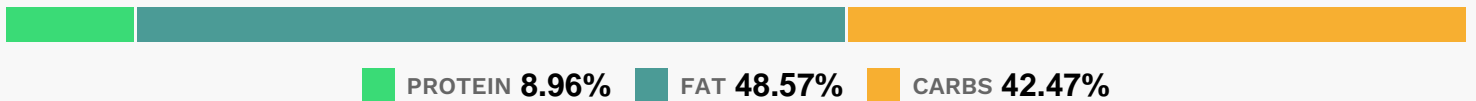
Equipment

- bowl
- frying pan
- pot

Directions

- Bring a large pot of heavily salted water to a boil. Meanwhile, prepare an ice water bath by filling a large bowl halfway with ice and water.
- Remove the stems from the green beans. Peel, halve, and thinly slice the onion.
- Place the beans in the boiling water and cook until crisp-tender, about 3 minutes.
- Drain and immediately place in the ice water bath until cooled.
- Drain and set aside.
- Heat the oil in a large frying pan over medium heat until shimmering.
- Add the sliced onion and cook until caramelized and golden, about 20 minutes. Season with salt and pepper.
- Add the reserved green beans, vinegar, and sugar. Cook, stirring, until the sugar has dissolved, about 2 minutes. Stir in the parsley, taste, and season with additional salt and pepper as needed.

Nutrition Facts



Properties

Glycemic Index:25.89, Glycemic Load:3.59, Inflammation Score:-7, Nutrition Score:10.286956584972%

Flavonoids

Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg

Nutrients (% of daily need)

Calories: 95.66kcal (4.78%), Fat: 5.54g (8.52%), Saturated Fat: 0.79g (4.94%), Carbohydrates: 10.89g (3.63%), Net Carbohydrates: 7.51g (2.73%), Sugar: 5.79g (6.44%), Cholesterol: 0mg (0%), Sodium: 203.13mg (8.83%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.3g (4.59%), Vitamin K: 82.89µg (78.94%), Vitamin C: 17.4mg (21.09%), Vitamin A: 941.22IU (18.82%), Manganese: 0.28mg (14.18%), Fiber: 3.38g (13.53%), Folate: 42.9µg (10.73%), Vitamin B6: 0.18mg (8.92%), Vitamin E: 1.24mg (8.26%), Potassium: 275.07mg (7.86%), Magnesium: 31.24mg (7.81%), Iron: 1.4mg (7.77%), Vitamin B2: 0.12mg (7.29%), Vitamin B1: 0.1mg (6.74%), Phosphorus: 49.12mg (4.91%), Calcium: 48.94mg (4.89%), Copper: 0.09mg (4.45%), Vitamin B3: 0.87mg (4.37%), Vitamin B5: 0.28mg (2.81%), Zinc: 0.32mg (2.14%), Selenium: 0.77µg (1.09%)