



Basil and Tomato Green Beans



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons basil leaves fresh
- ☐ 2 pounds green beans ends trimmed
- ☐ 1 teaspoon pepper flakes red
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 large shallots chopped
- ☐ 1 medium tomatoes diced
- ☐ 0.3 cup white wine

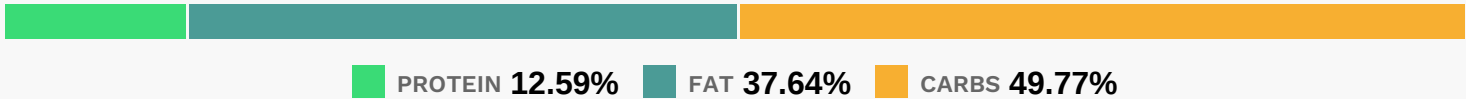
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Add the green beans to a large pot of boiling salted water. Cook until bright green, about 3 to 4 minutes.
- ☐ Remove green beans from the boiling water and plunge into ice water to stop the cooking.
- ☐ Drain well.
- ☐ In a large heavy skillet, melt butter.
- ☐ Saute the shallot over medium heat until soft.
- ☐ Add red pepper flakes, salt, pepper and green beans. Toss together cooking for a minute more.
- ☐ Add the white wine and tomato and cook until the wine has reduced; about 3 minutes.
- ☐ Add the basil and season with salt and pepper, to taste

Nutrition Facts



Properties

Glycemic Index:46.83, Glycemic Load:3.41, Inflammation Score:-8, Nutrition Score:12.176956544752%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 96.57kcal (4.83%), Fat: 4.22g (6.49%), Saturated Fat: 2.49g (15.57%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 7.93g (2.88%), Sugar: 5.92g (6.58%), Cholesterol: 10.03mg (3.34%), Sodium: 46.62mg (2.03%), Alcohol: 1.03g (100%), Alcohol %: 0.68% (100%), Protein: 3.17g (6.35%), Vitamin K: 70.32µg (66.97%), Vitamin A: 1465.36IU (29.31%), Vitamin C: 21.71mg (26.32%), Manganese: 0.4mg (19.99%), Fiber: 4.61g (18.45%), Folate: 55.19µg (13.8%), Vitamin B6: 0.26mg (12.87%), Potassium: 399.54mg (11.42%), Magnesium: 43.12mg (10.78%), Vitamin B2: 0.17mg (9.93%), Iron: 1.78mg (9.88%), Vitamin B1: 0.14mg (9.06%), Phosphorus: 69.33mg (6.93%), Vitamin E: 0.97mg (6.49%), Vitamin B3: 1.3mg (6.49%), Calcium: 64.28mg (6.43%), Copper: 0.13mg (6.39%), Vitamin B5: 0.39mg (3.86%), Zinc: 0.45mg (3.01%), Selenium: 1.09µg (1.56%)