



WHATSheATE



Caponata-Style Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



250 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tbsp agave nectar (for vegan use agave)
- ☐ 14.5 oz canned tomatoes diced peeled canned
- ☐ 0.1 tsp pepper red crushed
- ☐ 1 lb green beans fresh trimmed
- ☐ 1 tbsp parsley fresh roughly chopped
- ☐ 4 cloves garlic sliced
- ☐ 2.5 tbsp golden raisins
- ☐ 3 tbsp grapeseed oil divided (for Passover use olive oil)

- ☐ 1.5 tbsp oregano fresh roughly chopped
- ☐ 2 tsp pinenuts toasted (garnish)
- ☐ 4 servings salt
- ☐ 2.5 tbsp balsamic vinegar white
- ☐ 1 medium onion diced yellow

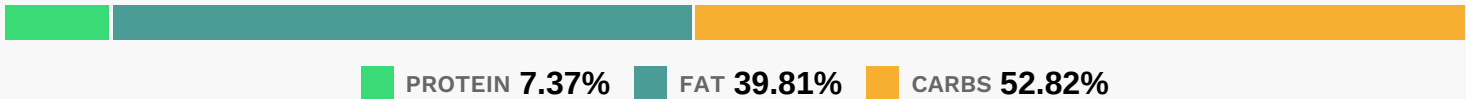
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Caponata–Style Green Beans
- ☐ Ingredients3 tbsp olive or grapeseed oil, divided (for Passover use olive oil)1 medium yellow onion, diced small4 cloves garlic, sliced14.5 oz can tomatoes, diced and peeled2 1/2 tbsp white balsamic vinegar2 1/2 tbsp golden raisins1 ½ tbsp honey or agave nectar (for vegan use agave)1/8 tsp crushed red pepper
- ☐ Salt1 1/2 tbsp fresh oregano, roughly chopped1 tbsp fresh parsley, roughly chopped1 lb fresh green beans, trimmed2 tsp pine nuts, toasted (garnish)You will also need
- ☐ Saucepan, saute pan
- ☐ Prep Time: 15 Minutes
- ☐ Cook Time: 15 – 20 Minutes
- ☐ Total Time: 30 – 35 Minutes
- ☐ Servings: 4
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:88.42, Glycemic Load:10.98, Inflammation Score:-10, Nutrition Score:18.699130856473%

Flavonoids

Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg

Nutrients (% of daily need)

Calories: 250.07kcal (12.5%), Fat: 11.94g (18.37%), Saturated Fat: 1.22g (7.59%), Carbohydrates: 35.65g (11.88%), Net Carbohydrates: 28.82g (10.48%), Sugar: 21.94g (24.38%), Cholesterol: 0mg (0%), Sodium: 343.64mg (14.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.94%), Vitamin K: 84.31µg (80.3%), Manganese: 0.75mg (37.28%), Vitamin E: 5.34mg (35.58%), Vitamin C: 29.21mg (35.41%), Fiber: 6.82g (27.29%), Vitamin B6: 0.46mg (22.78%), Vitamin A: 1134.96IU (22.7%), Iron: 3.68mg (20.42%), Potassium: 710.13mg (20.29%), Copper: 0.35mg (17.53%), Magnesium: 65.11mg (16.28%), Folate: 64.99µg (16.25%), Vitamin B1: 0.21mg (13.8%), Vitamin B2: 0.23mg (13.33%), Calcium: 128.14mg (12.81%), Vitamin B3: 2.45mg (12.26%), Phosphorus: 110.57mg (11.06%), Vitamin B5: 0.63mg (6.3%), Zinc: 0.8mg (5.32%), Selenium: 2.17µg (3.09%)