



Citrus Green Beans with Pine Nuts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



104 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.1 teaspoon sea salt
- ☐ 1 pound green beans trimmed
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 1 tablespoon orange juice fresh
- ☐ 1 teaspoon orange rind grated
- ☐ 1 tablespoon pinenuts toasted
- ☐ 0.8 cup shallots sliced (2 large)

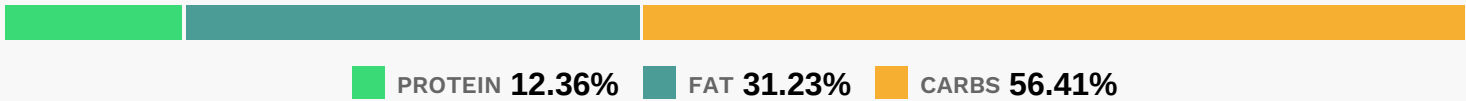
Equipment

☐ frying pan

Directions

- ☐ Cook green beans in boiling water for 2 minutes.
- ☐ Drain and rinse under cold running water.
- ☐ Drain well.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add shallots; saut 2 minutes or until tender.
- ☐ Add green beans; stir well.
- ☐ Add rind, juice, pepper, and salt; saut 2 minutes. Spoon onto a platter; sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:4.28, Inflammation Score:-7, Nutrition Score:11.439130399538%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 104.31kcal (5.22%), Fat: 4.02g (6.18%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 16.33g (5.44%), Net Carbohydrates: 11.66g (4.24%), Sugar: 7.64g (8.48%), Cholesterol: 0mg (0%), Sodium: 84.97mg (3.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.15%), Vitamin K: 51.88µg (49.41%), Manganese: 0.61mg (30.56%), Vitamin C: 20.21mg (24.5%), Fiber: 4.67g (18.67%), Vitamin A: 796.23IU (15.92%), Vitamin B6: 0.32mg (15.91%), Folate: 54.8µg (13.7%), Potassium: 413.61mg (11.82%), Magnesium: 44.73mg (11.18%), Iron: 1.88mg (10.42%), Vitamin B1: 0.13mg (8.88%), Phosphorus: 85.11mg (8.51%), Vitamin B2: 0.13mg (7.91%), Copper: 0.15mg (7.72%),

Vitamin E: 1.01mg (6.72%), Calcium: 60.66mg (6.07%), Vitamin B3: 1.05mg (5.27%), Zinc: 0.62mg (4.11%), Vitamin B5: 0.4mg (4.04%), Selenium: 1.25µg (1.78%)