



## Cranberry-Hazelnut Green Beans

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



92 kcal

SIDE DISH

### Ingredients

- 1 lb green beans fresh trimmed
- 2 tablespoons butter
- 1 shallots finely chopped
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 0.3 cup hazelnuts toasted chopped (filberts)
- 0.3 cup cranberries dried sweetened

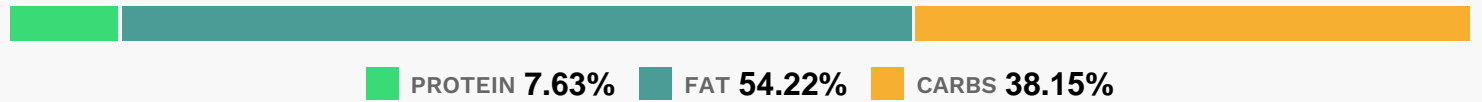
### Equipment

- bowl
- frying pan
- sauce pan

## Directions

- In 3-quart saucepan, heat 8 cups water to boiling.
- Add green beans; cook 6 to 8 minutes or until crisp-tender.
- Drain.
- In 12-inch skillet, melt butter over medium-high heat. Cook shallot in butter 2 minutes, stirring constantly.
- Add green beans; cook 3 minutes, stirring occasionally, until tender and beginning to brown.
- Sprinkle with salt and pepper.
- In serving bowl, toss bean mixture with hazelnuts and cranberries.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:15.38, Glycemic Load:1.3, Inflammation Score:-5, Nutrition Score:6.2095651806373%

## Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

## Nutrients (% of daily need)

Calories: 92.1kcal (4.61%), Fat: 6.04g (9.3%), Saturated Fat: 0.84g (5.26%), Carbohydrates: 9.57g (3.19%), Net Carbohydrates: 7.17g (2.61%), Sugar: 5.98g (6.64%), Cholesterol: 0mg (0%), Sodium: 182.39mg (7.93%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Vitamin K: 25.6µg (24.38%), Manganese: 0.46mg (23.1%), Vitamin A: 517.89IU (10.36%), Fiber: 2.4g (9.6%), Vitamin C: 7.5mg (9.09%), Vitamin E: 1.2mg (7.99%), Copper: 0.13mg (6.6%), Folate: 25.47µg (6.37%), Vitamin B6: 0.12mg (6.06%), Magnesium: 23.4mg (5.85%), Vitamin B1: 0.08mg (5.44%), Iron: 0.88mg (4.91%), Potassium: 168.88mg (4.83%), Vitamin B2: 0.07mg (4%), Phosphorus: 39.23mg (3.92%), Calcium: 29.71mg (2.97%), Vitamin B3: 0.54mg (2.71%), Vitamin B5: 0.2mg (1.97%), Zinc: 0.28mg (1.85%)