



Crisp Haricots Verts with Pine Nuts



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



149 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 pounds haricots verts trimmed
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.5 tablespoons oregano fresh chopped
- ☐ 0.8 cup pinenuts
- ☐ 5 tablespoons butter unsalted

Equipment

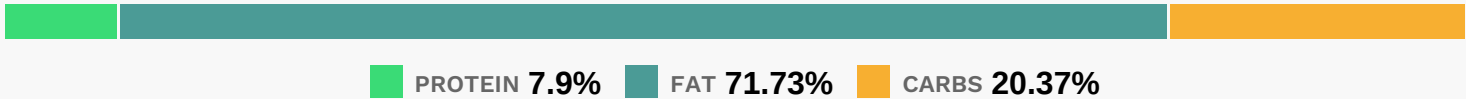
- ☐ bowl
- ☐ frying pan

☐ pot

Directions

- ☐ Have ready large bowl ice water. In large pot boiling salted water, blanch haricots verts until crisp-tender, 2 to 3 minutes.
- ☐ Drain, then plunge into ice water to stop cooking.
- ☐ Drain again and pat dry. (Haricots verts can be blanched 1 day ahead, drained and patted dry, and refrigerated until ready to use.)
- ☐ In large skillet over moderately high heat, melt butter. Cook, uncovered, until dark golden and fragrant, 2 to 3 minutes. Stir in pine nuts and toast, stirring, until golden, about 30 seconds.
- ☐ Add haricots verts, oregano, salt, and pepper; toss until heated through.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:8.3, Glycemic Load:1.8, Inflammation Score:-8, Nutrition Score:11.256087153502%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 148.57kcal (7.43%), Fat: 12.84g (19.75%), Saturated Fat: 4.15g (25.93%), Carbohydrates: 8.2g (2.73%), Net Carbohydrates: 5.05g (1.84%), Sugar: 3.36g (3.73%), Cholesterol: 15.05mg (5.02%), Sodium: 122.89mg (5.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.36%), Manganese: 1.13mg (56.58%), Vitamin K: 49.7µg (47.33%), Vitamin A: 816.85IU (16.34%), Vitamin C: 11.17mg (13.53%), Fiber: 3.16g (12.62%), Magnesium: 50.35mg (12.59%), Vitamin E: 1.62mg (10.78%), Copper: 0.2mg (10.14%), Iron: 1.78mg (9.88%), Phosphorus: 95.56mg (9.56%), Folate: 35.38µg (8.84%), Vitamin B1: 0.11mg (7.53%), Potassium: 263.68mg (7.53%), Vitamin B6: 0.15mg (7.28%), Vitamin B2: 0.12mg (7.28%), Zinc: 0.9mg (5.99%), Vitamin B3: 1.15mg (5.74%), Calcium: 49.14mg (4.91%), Vitamin B5: 0.25mg (2.51%), Selenium: 0.72µg (1.03%)