



French Green Beans with Basil and Orange



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons butter
- ☐ 1 tablespoon basil dried fresh minced
- ☐ 2 pounds haricots vert trimmed thin small, green beans
- ☐ 1 small onion minced
- ☐ 0.5 cup orange juice fresh
- ☐ 1 teaspoon orange rind grated
- ☐ 8 servings salt

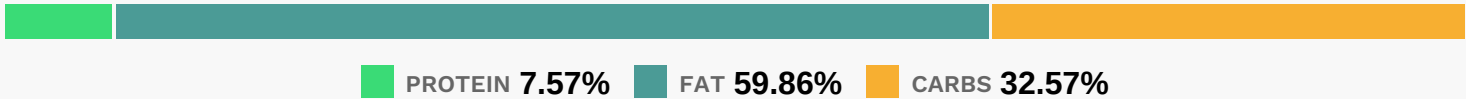
Equipment

☐ frying pan

Directions

- ☐ Cook beans in a small amount of boiling salted water 4 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain and set aside.
- ☐ Melt butter in a large skillet over medium heat; add onion, and saut until tender.
- ☐ Add orange rind and juice, and cook until liquid is almost evaporated.
- ☐ Add beans, and stir gently until thoroughly heated. Stir in basil. Season to taste with salt.
- ☐ Note: You can use other types of green beans in this recipe. Just pick out the more slender beans and increase the cooking time to 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:15.63, Glycemic Load:3.23, Inflammation Score:-8, Nutrition Score:10.040000005261%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg

Nutrients (% of daily need)

Calories: 122.53kcal (6.13%), Fat: 8.76g (13.48%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 10.73g (3.58%), Net Carbohydrates: 7.27g (2.64%), Sugar: 5.38g (5.98%), Cholesterol: 0mg (0%), Sodium: 300.5mg (13.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.99%), Vitamin K: 57.38µg (54.65%), Vitamin C: 22.6mg (27.39%), Vitamin A: 1193.98IU (23.88%), Manganese: 0.31mg (15.39%), Fiber: 3.46g (13.83%), Folate: 45.46µg (11.37%), Iron: 1.67mg (9.28%), Vitamin B6: 0.18mg (9.23%), Magnesium: 34.86mg (8.71%), Potassium: 301.17mg (8.6%), Vitamin B2: 0.14mg (7.94%), Vitamin B1: 0.11mg (7.51%), Calcium: 60.55mg (6.05%), Vitamin E: 0.85mg (5.68%), Phosphorus: 52.1mg (5.21%), Copper: 0.1mg (4.97%), Vitamin B3: 0.93mg (4.67%), Vitamin B5: 0.31mg (3.1%), Zinc: 0.33mg (2.21%), Selenium: 0.76µg (1.08%)