



French Green Beans with Butter and Herbs



Vegetarian



Gluten Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



128 kcal

SIDE DISH

Ingredients



1 pound green beans trimmed thin (haricot vert)



0.3 cup onion red chopped fine



3 Tbsp butter



2 Tbsp parsley chopped fine



2 Tbsp thyme leaves fresh



2 Tbsp tarragon chopped fine



2 Tbsp chives chopped fine



4 servings salt and pepper to taste

☐ 4 servings lemon wedges

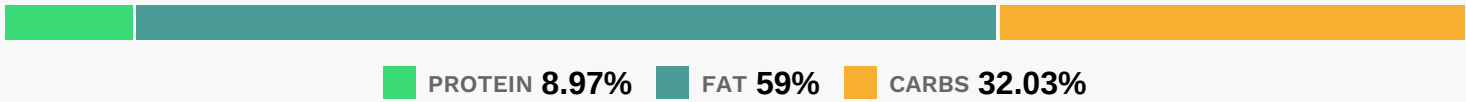
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot

Directions

- ☐ Blanch the green beans: Bring a large pot of salty water to a boil. Prepare a large bowl of ice water. Boil the beans for 2 minutes.
- ☐ Plunge them into the ice water to stop the cooking and set the color.
- ☐ Drain the beans and pat dry on a cloth or paper towel.
- ☐ Sauté onions:
- ☐ Heat the butter over medium-high heat in a large sauté pan. Cook the onions until translucent, about 2-3 minutes.
- ☐ Add the green beans and sauté for 2-3 minutes, stirring often.
- ☐ Add seasonings:
- ☐ Add all the herbs and some salt and pepper and toss to combine. Cook for 1 minute more.
- ☐ Serve hot or at room temperature, with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:85.13, Glycemic Load:3.37, Inflammation Score:-10, Nutrition Score:13.207826311174%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 4.18mg, Apigenin: 4.18mg, Apigenin: 4.18mg, Apigenin: 4.18mg Luteolin: 1.78mg,

Luteolin: 1.78mg, Luteolin: 1.78mg, Luteolin: 1.78mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg

Nutrients (% of daily need)

Calories: 127.55kcal (6.38%), Fat: 9.16g (14.09%), Saturated Fat: 5.6g (35.01%), Carbohydrates: 11.18g (3.73%), Net Carbohydrates: 7.16g (2.6%), Sugar: 4.2g (4.66%), Cholesterol: 22.9mg (7.63%), Sodium: 272.41mg (11.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.27%), Vitamin K: 83.9µg (79.91%), Vitamin A: 1541.45IU (30.83%), Vitamin C: 25.31mg (30.67%), Manganese: 0.52mg (25.93%), Fiber: 4.03g (16.11%), Iron: 2.73mg (15.15%), Folate: 52.36µg (13.09%), Vitamin B6: 0.25mg (12.34%), Magnesium: 45.16mg (11.29%), Potassium: 366.61mg (10.47%), Vitamin B2: 0.18mg (10.39%), Calcium: 92.71mg (9.27%), Vitamin B1: 0.11mg (7.27%), Phosphorus: 61.9mg (6.19%), Copper: 0.12mg (6.18%), Vitamin B3: 1.16mg (5.81%), Vitamin E: 0.73mg (4.89%), Zinc: 0.49mg (3.24%), Vitamin B5: 0.31mg (3.08%), Selenium: 0.96µg (1.37%)