



French Green Beans With Orange-Shallot Butter

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



65 kcal

SIDE DISH

Ingredients

- 16 ounce green beans frozen french-style
- 2 teaspoons orange rind grated
- 0.3 teaspoon pepper freshly ground
- 0.3 teaspoon salt
- 0.3 cup shallots minced
- 2 tablespoons butter unsalted softened

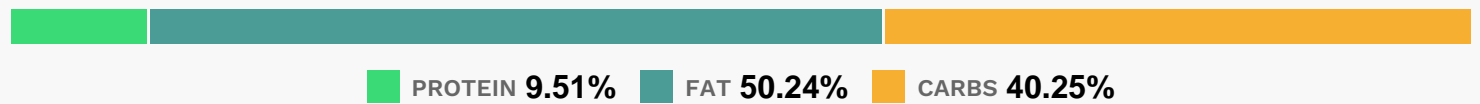
Equipment

frying pan

Directions

- Place a small nonstick skillet over medium heat until hot.
- Add shallot; cook until tender, stirring often. Stir in orange rind and, if desired, sherry; remove from heat.
- Spread mixture in a single layer to cool.
- Combine shallot mixture, butter, salt, and pepper; cover and chill.
- Cook green beans according to package directions; drain.
- Place beans in a serving dish; spoon butter mixture over beans. Toss beans gently before serving.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:1.9, Inflammation Score:-5, Nutrition Score:6.0130434437938%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 64.85kcal (3.24%), Fat: 3.97g (6.1%), Saturated Fat: 2.44g (15.24%), Carbohydrates: 7.15g (2.38%), Net Carbohydrates: 4.7g (1.71%), Sugar: 3.24g (3.6%), Cholesterol: 10.03mg (3.34%), Sodium: 103.16mg (4.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Vitamin K: 33.05µg (31.48%), Vitamin C: 10.92mg (13.23%), Vitamin A: 641.9IU (12.84%), Manganese: 0.2mg (10.16%), Fiber: 2.45g (9.79%), Folate: 28.65µg (7.16%), Vitamin B6: 0.14mg (7.11%), Potassium: 196.1mg (5.6%), Magnesium: 21.35mg (5.34%), Iron: 0.91mg (5.07%), Vitamin B2: 0.08mg (4.88%), Vitamin B1: 0.07mg (4.6%), Phosphorus: 36.03mg (3.6%), Calcium: 34.24mg (3.42%), Copper: 0.06mg (3.17%), Vitamin B3: 0.58mg (2.92%), Vitamin E: 0.42mg (2.83%), Vitamin B5: 0.21mg (2.08%), Zinc: 0.23mg (1.52%)