



French String Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



160 kcal

SIDE DISH

Ingredients

- 6 servings pepper black freshly ground
- 6 servings kosher salt
- 6 servings olive oil good
- 0.5 bell pepper diced red
- 1 large onion diced red
- 1 pound string beans french
- 0.5 bell pepper diced yellow

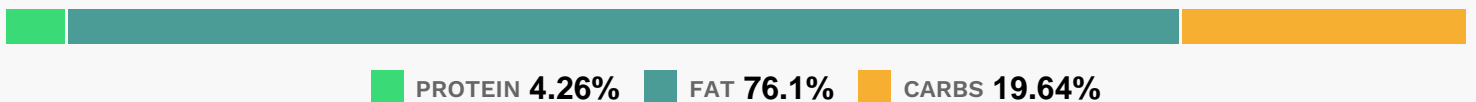
Equipment

- bowl
- frying pan
- baking sheet
- oven
- pot
- spatula

Directions

- Watch how to make this recipe.
- Preheat the oven to 425 degrees F.
- Blanch the string beans in a large pot of boiling salted water for just 4 minutes.
- Drain immediately and immerse in a large bowl of ice water to stop the cooking. When they are cool, drain and set aside.
- Meanwhile, in a large bowl toss the onion and bell peppers together with 2 tablespoons of olive oil and sprinkle generously with salt and pepper.
- Place in a single layer on a baking sheet and roast for about 15 minutes, tossing with a spatula from time to time to be sure the vegetables roast evenly.
- Just before serving, reheat the string beans in a large saute pan drizzled with a little olive oil.
- Sprinkle with salt and pepper and arrange on a platter. Spoon the roasted vegetables over the string beans and serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:2, Inflammation Score:-7, Nutrition Score:9.1995651229568%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.91mg, Quercetin: 5.91mg

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Nutrients (% of daily need)

Calories: 160.04kcal (8%), Fat: 14.24g (21.91%), Saturated Fat: 1.99g (12.42%), Carbohydrates: 8.27g (2.76%), Net Carbohydrates: 5.59g (2.03%), Sugar: 3.66g (4.07%), Cholesterol: 0mg (0%), Sodium: 199.95mg (8.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.59%), Vitamin C: 41.47mg (50.27%), Vitamin K: 41.66µg (39.67%), Vitamin A: 852.87IU (17.06%), Vitamin E: 2.49mg (16.58%), Manganese: 0.22mg (11.15%), Fiber: 2.68g (10.7%), Folate: 35.59µg (8.9%), Vitamin B6: 0.17mg (8.72%), Potassium: 229.74mg (6.56%), Magnesium: 23.29mg (5.82%), Vitamin B2: 0.09mg (5.57%), Iron: 1mg (5.53%), Vitamin B1: 0.08mg (5.24%), Phosphorus: 39.16mg (3.92%), Vitamin B3: 0.76mg (3.81%), Copper: 0.07mg (3.65%), Calcium: 34.68mg (3.47%), Vitamin B5: 0.24mg (2.42%), Zinc: 0.26mg (1.71%)