



WHATSheATE



Frenched Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



39 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 lb green beans ends trimmed
- ☐ 1.5 tablespoons olive oil
- ☐ 0.8 teaspoon salt
- ☐ 2 teaspoons sherry vinegar

Equipment

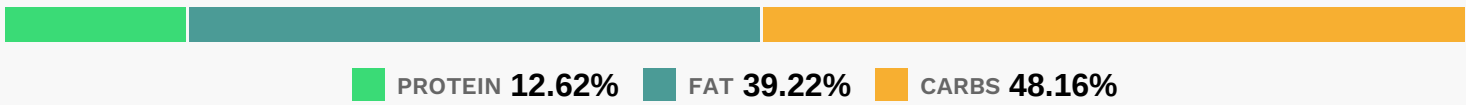
- ☐ bowl
- ☐ paper towels

- ☐ pot
- ☐ ziploc bags
- ☐ slotted spoon
- ☐ funnel

Directions

- ☐ Force beans, trimmed ends first (keeping strings to the side), up through funnel of frencher (if using; see cooks' note, below).
- ☐ Cook beans in 2 batches in a 6- to 8-quart pot of boiling salted water, uncovered, until just tender, 4 to 5 minutes.
- ☐ Transfer beans with a slotted spoon to a large bowl and toss with salt, pepper, vinegar, and oil.
- ☐ Serve hot or warm.
- ☐ If you do not have a frencher, beans can be halved diagonally. Beans can be frenched (but not cooked) 1 day ahead and chilled in a sealed plastic bag lined with dampened paper towels.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:1.49, Inflammation Score:-5, Nutrition Score:5.3443477723909%

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: 39.17kcal (1.96%), Fat: 1.92g (2.95%), Saturated Fat: 0.28g (1.75%), Carbohydrates: 5.3g (1.77%), Net Carbohydrates: 3.25g (1.18%), Sugar: 2.46g (2.74%), Cholesterol: 0mg (0%), Sodium: 149.99mg (6.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Vitamin K: 33.63µg (32.03%), Vitamin C: 9.23mg (11.18%), Vitamin A: 521.86IU (10.44%), Manganese: 0.17mg (8.47%), Fiber: 2.05g (8.21%), Folate: 24.95µg (6.24%), Vitamin B6: 0.11mg (5.34%), Magnesium: 19.01mg (4.75%), Vitamin B2: 0.08mg (4.63%), Potassium: 160.44mg (4.58%), Iron: 0.8mg (4.43%), Vitamin B1: 0.06mg (4.14%), Vitamin E: 0.56mg (3.75%), Phosphorus: 28.86mg (2.89%), Calcium: 28.31mg (2.83%), Vitamin B3: 0.56mg (2.78%), Copper: 0.05mg (2.65%), Vitamin B5: 0.17mg (1.71%), Zinc: 0.18mg (1.22%)