



Green Bean Bundles

READY IN



20 min.

SERVINGS



4

CALORIES



185 kcal

SIDE DISH

Ingredients

- 0.3 cup panko bread crumbs crispy italian
- 1 pinch vodka
- 1 serving pepper black freshly ground
- 1 tablespoon parsley fresh finely chopped
- 1 teaspoon lemon zest freshly grated
- 1 tablespoon parmesan cheese freshly grated
- 1 teaspoon salt
- 0.8 lb green beans fresh trimmed
- 1 serving butter unsalted for greasing baking dish

- 2 tablespoons olive oil extra virgin extra-virgin
- 1 serving pepper black freshly ground
- 8 slices pancetta thin

Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Heat oven to 400°F. In small bowl, mix bread crumbs, salt and pepper.
- Add parsley, lemon peel and cheese; toss well.
- In 3-quart saucepan, heat 4 cups water and 1 teaspoon salt to boiling.
- Add green beans.
- Heat to boiling; reduce heat. Simmer 5 to 6 minutes or until crisp-tender; drain.
- Butter shallow baking dish. Toss cooled green beans with 2 tablespoons olive oil; sprinkle with salt and pepper. Divide green beans into 4 equal bundles. On work surface, arrange 2 slices of the prosciutto so they slightly overlap each other. Top with 1 bundle of green beans and roll up carefully in prosciutto.
- Place in baking dish. Repeat with remaining prosciutto and green beans. Flatten tops of bundles slightly; sprinkle with topping.
- Bake about 10 minutes or until thoroughly heated and crisp.
- Serve immediately.

Nutrition Facts

PROTEIN 9.44% FAT 71.34% CARBS 19.22%

Properties

Glycemic Index:39.25, Glycemic Load:1.69, Inflammation Score:-6, Nutrition Score:9.1469565655874%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 185.3kcal (9.27%), Fat: 15.11g (23.25%), Saturated Fat: 4.02g (25.12%), Carbohydrates: 9.16g (3.05%), Net Carbohydrates: 6.6g (2.4%), Sugar: 3.04g (3.37%), Cholesterol: 14.34mg (4.78%), Sodium: 742.6mg (32.29%), Alcohol: 0.08g (100%), Alcohol %: 0.09% (100%), Protein: 4.5g (9%), Vitamin K: 57.62µg (54.88%), Vitamin C: 12.35mg (14.97%), Vitamin A: 719.57IU (14.39%), Manganese: 0.23mg (11.53%), Fiber: 2.56g (10.25%), Vitamin B1: 0.15mg (10.12%), Vitamin E: 1.47mg (9.82%), Vitamin B6: 0.17mg (8.5%), Folate: 33.78µg (8.45%), Vitamin B3: 1.53mg (7.67%), Selenium: 5.13µg (7.33%), Vitamin B2: 0.12mg (7.22%), Phosphorus: 70.5mg (7.05%), Iron: 1.24mg (6.91%), Potassium: 228.28mg (6.52%), Magnesium: 25.93mg (6.48%), Calcium: 53.18mg (5.32%), Copper: 0.08mg (3.94%), Zinc: 0.52mg (3.44%), Vitamin B5: 0.31mg (3.13%), Vitamin B12: 0.11µg (1.87%)