



Green Bean Salad with Caramelized Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



42 min.

SERVINGS



4

CALORIES



74 kcal

SIDE DISH

Ingredients



2 tablespoons balsamic vinegar



0.3 teaspoon pepper black freshly ground



1 pound green beans trimmed



2 tablespoons oil-packed sun-dried tomatoes minced



1 large onion sliced into thin rings



0.3 teaspoon salt



1 teaspoon vegetable oil

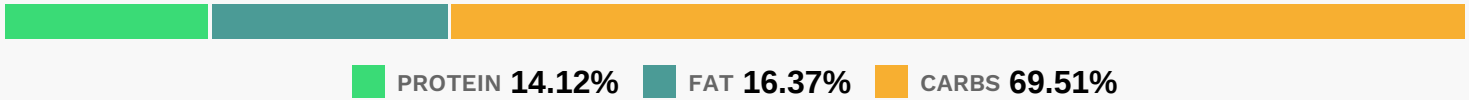
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion, and cook 5 minutes, stirring frequently. Reduce heat to medium; cook 15 to 20 minutes or until deep golden brown, stirring frequently.
- ☐ Add balsamic vinegar, and cook 2 minutes.
- ☐ Remove from heat.
- ☐ Add tomatoes.
- ☐ Cook haricot verts in boiling water 2 minutes or until crisp-tender; drain. Set aside.
- ☐ Combine haricot verts, onion mixture, salt, and pepper in a large bowl.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:4.02, Inflammation Score:-7, Nutrition Score:9.7947825970857%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 10.71mg, Quercetin: 10.71mg, Quercetin: 10.71mg, Quercetin: 10.71mg

Nutrients (% of daily need)

Calories: 73.9kcal (3.7%), Fat: 1.49g (2.29%), Saturated Fat: 0.26g (1.6%), Carbohydrates: 14.24g (4.75%), Net Carbohydrates: 10.21g (3.71%), Sugar: 7.42g (8.25%), Cholesterol: 0mg (0%), Sodium: 158.19mg (6.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.78%), Vitamin K: 52.26µg (49.77%), Vitamin C: 17.59mg (21.32%), Manganese: 0.37mg (18.31%), Fiber: 4.04g (16.15%), Vitamin A: 805.73IU (16.11%), Folate: 46.27µg (11.57%), Potassium: 390.42mg (11.15%), Vitamin B6: 0.21mg (10.68%), Magnesium: 38.13mg (9.53%), Iron: 1.55mg (8.58%), Vitamin B2: 0.14mg (8.27%), Vitamin B1: 0.12mg (8.24%), Copper: 0.13mg (6.61%), Phosphorus: 64.58mg (6.46%), Calcium: 56.14mg (5.61%), Vitamin B3: 1.1mg (5.52%), Vitamin E: 0.57mg (3.77%), Vitamin B5: 0.36mg (3.55%), Zinc:

0.39mg (2.63%), Selenium: 1.01µg (1.45%)