



Green Beans and Zucchini with Sauce Verte

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



59 kcal

SIDE DISH

Ingredients

- 2 tablespoons capers drained
- 2 teaspoons dijon mustard
- 0.3 cup basil fresh packed ()
- 1 garlic clove peeled
- 1 pound green beans end trimmed
- 1 spring onion coarsely chopped
- 1 tablespoon juice of lemon fresh
- 1 tablespoon olive oil

- 2 tablespoons parsley fresh italian packed ()
- 2 tablespoons parsley fresh italian (for garnish)
- 3 tablespoons water
- 12 ounces zucchini halved lengthwise cut lengthwise into 1/3-inch-wide strips

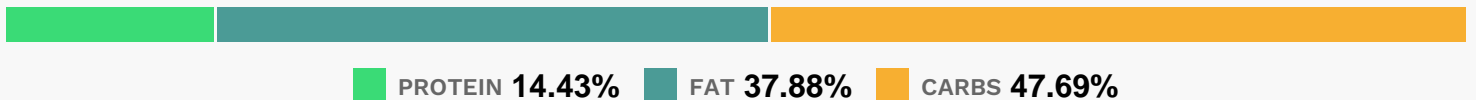
Equipment

- bowl
- frying pan

Directions

- Blend first 7 ingredients in processor until finely chopped. With machine running, gradually add olive oil. Process until coarse puree forms. Season sauce verte to taste with salt and pepper. DO AHEAD: Can be made 1 day ahead. Cover and refrigerate.
- Heat oil in heavy large nonstick skillet over medium-high heat.
- Add vegetables; stir until coated.
- Sprinkle with salt and 3 tablespoons water. Cover; cook vegetables until almost crisp-tender, stirring occasionally, about 4 minutes. Uncover; cook until vegetables are just tender, about 2 minutes longer. Stir in enough sauce verte to coat vegetables generously. Season with salt and pepper.
- Transfer to bowl.
- Garnish with parsley and serve.

Nutrition Facts



Properties

Glycemic Index: 48.17, Glycemic Load: 1.78, Inflammation Score: -7, Nutrition Score: 11.224347860917%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg Luteolin: 0.13mg,

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 3.91mg, Kaempferol: 3.91mg, Kaempferol: 3.91mg, Kaempferol: 3.91mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg

Nutrients (% of daily need)

Calories: 58.53kcal (2.93%), Fat: 2.8g (4.31%), Saturated Fat: 0.42g (2.65%), Carbohydrates: 7.94g (2.65%), Net Carbohydrates: 5g (1.82%), Sugar: 4.06g (4.51%), Cholesterol: 0mg (0%), Sodium: 103.64mg (4.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.8%), Vitamin K: 90.45µg (86.14%), Vitamin C: 24.78mg (30.04%), Vitamin A: 955IU (19.1%), Manganese: 0.3mg (15.21%), Fiber: 2.94g (11.78%), Folate: 46.04µg (11.51%), Vitamin B6: 0.21mg (10.69%), Potassium: 339.89mg (9.71%), Magnesium: 33.72mg (8.43%), Vitamin B2: 0.14mg (8.4%), Iron: 1.32mg (7.33%), Vitamin B1: 0.1mg (6.44%), Phosphorus: 56.34mg (5.63%), Copper: 0.11mg (5.36%), Vitamin E: 0.79mg (5.26%), Calcium: 47.94mg (4.79%), Vitamin B3: 0.9mg (4.5%), Vitamin B5: 0.31mg (3.13%), Zinc: 0.44mg (2.91%), Selenium: 1.26µg (1.8%)