



Green Beans with Balsamic-Shallot Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



104 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 4 tablespoons butter room temperature ()
- ☐ 2 pounds green beans trimmed
- ☐ 2 large shallots finely chopped

Equipment

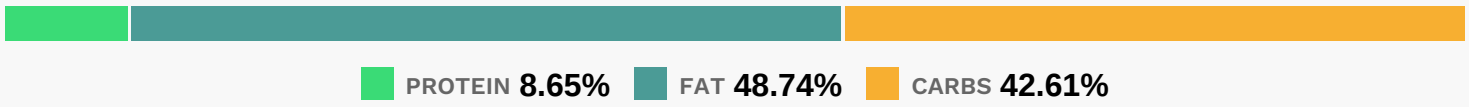
- ☐ bowl
- ☐ frying pan
- ☐ paper towels

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Combine vinegar and shallots in heavy small saucepan. Boil over medium heat until most vinegar is absorbed (about 1 tablespoon liquid should remain in pan), stirring frequently, about 6 minutes.
- ☐ Transfer mixture to small bowl; cool completely.
- ☐ Add butter; mix with fork until blended.
- ☐ Cook beans in large pot of boiling salted water until crisp-tender, about 6 minutes.
- ☐ Drain. Refresh under cold water; drain. Pat dry with paper towels. (Balsamic-shallot butter and beans can be made 1 day ahead. Cover separately; chill.)
- ☐ Combine beans and balsamic-shallot butter in large nonstick skillet. Toss over medium heat until beans are heated through, about 5 minutes. Season to taste with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:3.84, Inflammation Score:-7, Nutrition Score:8.5282607940228%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 103.87kcal (5.19%), Fat: 5.93g (9.13%), Saturated Fat: 3.66g (22.85%), Carbohydrates: 11.67g (3.89%), Net Carbohydrates: 8.41g (3.06%), Sugar: 6.58g (7.31%), Cholesterol: 15.05mg (5.02%), Sodium: 56.23mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Vitamin K: 49.3µg (46.95%), Vitamin A: 957.63IU (19.15%), Vitamin C: 14.33mg (17.38%), Manganese: 0.28mg (14.2%), Fiber: 3.26g (13.05%), Folate: 39.76µg (9.94%), Vitamin B6: 0.18mg (9.08%), Potassium: 279.67mg (7.99%), Magnesium: 31.71mg (7.93%), Iron: 1.36mg (7.55%), Vitamin B2: 0.12mg (7.15%), Vitamin B1: 0.1mg (6.47%), Phosphorus: 51.55mg (5.15%), Calcium: 50.25mg (5.03%), Copper: 0.09mg (4.39%), Vitamin B3: 0.85mg (4.24%), Vitamin E: 0.63mg (4.2%), Vitamin B5: 0.28mg (2.81%), Zinc:

0.32mg (2.11%), Selenium: 0.83µg (1.18%)