



Green Beans with Blackened Sage and Hazelnuts



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



90 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup sage fresh chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 2 pounds green beans trimmed
- ☐ 0.3 cup hazelnuts chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon butter unsalted

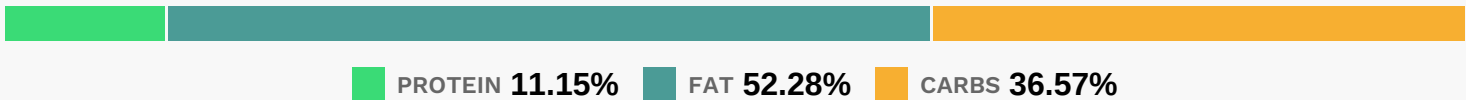
Equipment

☐ frying pan

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Heat butter and oil, then cook sage until it begins to blacken, 1 to 2 minutes.
- ☐ Add garlic and cook until golden, about 2 minutes.
- ☐ Add beans and salt; toss to coat. Carefully add 1 cup water. Steam until beans are fork-tender and most of the water has evaporated, 3 to 4 minutes. Season with salt and pepper.
- ☐ Sprinkle hazelnuts on top and serve.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:2.37, Inflammation Score:-6, Nutrition Score:13.790869644317%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg 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: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 89.58kcal (4.48%), Fat: 5.75g (8.84%), Saturated Fat: 1.39g (8.68%), Carbohydrates: 9.04g (3.01%), Net Carbohydrates: 5.53g (2.01%), Sugar: 3.87g (4.3%), Cholesterol: 3.76mg (1.25%), Sodium: 152.61mg (6.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Copper: 2.61mg (130.33%), Vitamin K: 50.49µg (48.08%), Manganese: 0.58mg (28.83%), Vitamin C: 14.42mg (17.48%), Vitamin A: 827.03IU (16.54%), Fiber: 3.51g (14.03%), Folate: 41.75µg (10.44%), Vitamin B6: 0.19mg (9.75%), Magnesium: 36.16mg (9.04%), Vitamin E: 1.32mg

(8.81%), Iron: 1.47mg (8.14%), Vitamin B1: 0.12mg (8.12%), Potassium: 273.21mg (7.81%), Vitamin B2: 0.13mg (7.35%), Phosphorus: 56.41mg (5.64%), Calcium: 54.12mg (5.41%), Vitamin B3: 0.91mg (4.54%), Vitamin B5: 0.3mg (2.98%), Zinc: 0.39mg (2.63%), Selenium: 0.95µg (1.35%)