



Green Beans with Caramelized Onion Vinaigrette

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



81 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 2 pounds green beans trimmed
- 1 teaspoon kosher salt
- 0.5 cup olive oil
- 2 teaspoons orange zest grated
- 0.5 cup sherry vinegar
- 1 teaspoon sugar

- 1 tablespoon butter unsalted
- 0.5 large onion diced yellow finely

Equipment

- bowl
- frying pan
- blender

Directions

- In a large skillet, over medium heat, heat the butter and 2 tablespoons of the oil.
- Add the onion, sugar, and 1/2 teaspoon of the salt. Cook, stirring occasionally, for 25 minutes.
- Add the vinegar. Cook, stirring, for 1 minute.
- Add the remaining oil, 1/4 teaspoon of the salt, and the pepper.
- Transfer half the mixture to a blender and puree, then return to skillet. Meanwhile, cook the green beans with the remaining 1/4 teaspoon of salt in boiling water until tender, about 4 minutes.
- Transfer to a bowl of ice water.
- Drain and pat dry.
- Transfer to a serving bowl, toss with the onion mixture, and sprinkle with the zest. **Make Ahead:** Cook the green beans and make the vinaigrette early in the day; refrigerate them separately.
- Combine them just before serving.

Nutrition Facts



PROTEIN 10.27% FAT 45.74% CARBS 43.99%

Properties

Glycemic Index:21.89, Glycemic Load:2.78, Inflammation Score:-7, Nutrition Score:8.4504348961232%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg,

Isorhamnetin: 0.47mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg
Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5mg, Quercetin: 5mg,
Quercetin: 5mg, Quercetin: 5mg

Nutrients (% of daily need)

Calories: 80.72kcal (4.04%), Fat: 4.38g (6.74%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 9.48g (3.16%), Net
Carbohydrates: 6.19g (2.25%), Sugar: 4.59g (5.11%), Cholesterol: 3.76mg (1.25%), Sodium: 299.34mg (13.01%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.43%), Vitamin K: 50.65µg (48.24%), Vitamin C: 15.28mg
(18.52%), Vitamin A: 828.81IU (16.58%), Manganese: 0.27mg (13.64%), Fiber: 3.29g (13.16%), Folate: 39.42µg (9.85%),
Vitamin B6: 0.17mg (8.61%), Magnesium: 30.14mg (7.54%), Potassium: 261.19mg (7.46%), Vitamin B2: 0.12mg
(7.16%), Iron: 1.28mg (7.13%), Vitamin B1: 0.1mg (6.54%), Vitamin E: 0.9mg (5.99%), Phosphorus: 47.63mg (4.76%),
Calcium: 46.72mg (4.67%), Copper: 0.09mg (4.26%), Vitamin B3: 0.85mg (4.25%), Vitamin B5: 0.27mg (2.72%),
Zinc: 0.3mg (1.98%), Selenium: 0.76µg (1.08%)