



Green Beans with Caramelized Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



94 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 pounds green beans trimmed
- ☐ 2 tablespoons olive oil divided
- ☐ 32 ounce pearl onions frozen thawed
- ☐ 1 teaspoon salt divided
- ☐ 1 tablespoon sugar

Equipment

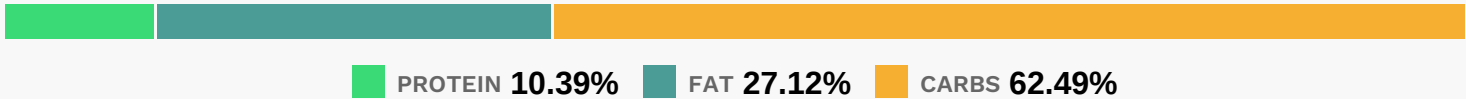
- ☐ bowl

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Pat onions dry with paper towels; add to pan. Increase heat to medium-high; saut onions 5 minutes.
- ☐ Add sugar and 1/2 teaspoon salt; saut 15 minutes or until onions are tender and golden brown. Spoon into a bowl.
- ☐ Heat 1 tablespoon oil in pan over medium-high heat.
- ☐ Add beans; saut 8 minutes or until crisp-tender.
- ☐ Add onions, 1/2 teaspoon salt, and pepper; cook 2 minutes or until mixture is thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:17.51, Glycemic Load:4.5, Inflammation Score:-7, Nutrition Score:8.7256520934727%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 4.55mg, Isorhamnetin: 4.55mg, Isorhamnetin: 4.55mg, Isorhamnetin: 4.55mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 20.89mg, Quercetin: 20.89mg, Quercetin: 20.89mg, Quercetin: 20.89mg

Nutrients (% of daily need)

Calories: 94.03kcal (4.7%), Fat: 3.1g (4.77%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 16.06g (5.35%), Net Carbohydrates: 12.04g (4.38%), Sugar: 8g (8.89%), Cholesterol: 0mg (0%), Sodium: 241.71mg (10.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.34%), Vitamin K: 41.22µg (39.26%), Vitamin C: 17.78mg (21.55%), Manganese: 0.33mg (16.32%), Fiber: 4.02g (16.07%), Vitamin A: 628.32IU (12.57%), Vitamin B6: 0.24mg (11.85%), Folate: 47.19µg (11.8%), Potassium: 325.29mg (9.29%), Magnesium: 31.93mg (7.98%), Vitamin B1: 0.12mg (7.75%), Vitamin B2: 0.12mg (7.01%), Iron: 1.15mg (6.4%), Phosphorus: 60.94mg (6.09%), Calcium: 55.06mg (5.51%), Vitamin E: 0.79mg (5.3%), Copper: 0.1mg (4.98%), Vitamin B3: 0.77mg (3.86%), Vitamin B5: 0.32mg (3.17%), Zinc: 0.37mg (2.49%), Selenium: 1.01µg (1.44%)