



Green Beans with Caramelized Onions and Walnuts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



46 min.

SERVINGS



8

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1.5 pounds green beans trimmed
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons olive oil extra-virgin divided
- ☐ 4 cups thinly onion vertically sliced
- ☐ 0.5 cup walnuts chopped

☐ 2 teaspoons balsamic vinegar white

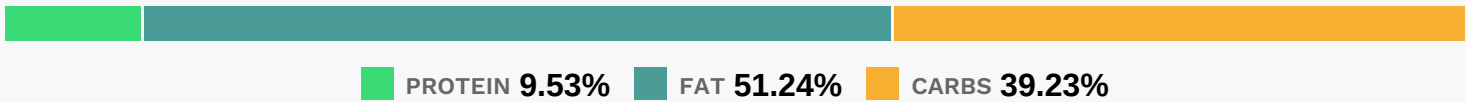
Equipment

☐ frying pan

Directions

- ☐ Cook the green beans in boiling water for 2 minutes.
- ☐ Drain and rinse with cold water, and drain well.
- ☐ Place walnuts in a large nonstick skillet; cook over medium heat 7 minutes or until lightly browned, shaking pan frequently.
- ☐ Remove walnuts from pan; set aside.
- ☐ Add 4 teaspoons oil to pan; swirl to coat.
- ☐ Add onion and thyme to pan; cook 17 minutes or until onion is very tender and golden brown, stirring occasionally.
- ☐ Remove onion mixture from pan; keep warm.
- ☐ Return pan to medium-high heat.
- ☐ Add remaining 2 teaspoons olive oil to pan; swirl to coat.
- ☐ Add green beans; cook 2 minutes or until thoroughly heated, stirring frequently.
- ☐ Add onion mixture and vinegar to pan; cook 2 minutes or until thoroughly heated, tossing to combine.
- ☐ Remove from heat.
- ☐ Sprinkle with nuts, salt, and pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:3.55, Inflammation Score:-8, Nutrition Score:9.8452175026355%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 18.56mg, Quercetin: 18.56mg, Quercetin: 18.56mg, Quercetin: 18.56mg

Nutrients (% of daily need)

Calories: 138.64kcal (6.93%), Fat: 8.54g (13.14%), Saturated Fat: 1.01g (6.31%), Carbohydrates: 14.72g (4.91%), Net Carbohydrates: 10.52g (3.82%), Sugar: 6.54g (7.27%), Cholesterol: 0mg (0%), Sodium: 154.18mg (6.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.15%), Vitamin K: 39.3µg (37.43%), Manganese: 0.55mg (27.54%), Vitamin C: 16.79mg (20.35%), Fiber: 4.2g (16.79%), Vitamin B6: 0.26mg (12.81%), Folate: 50.56µg (12.64%), Vitamin A: 602.12IU (12.04%), Copper: 0.21mg (10.44%), Magnesium: 41.48mg (10.37%), Potassium: 332.32mg (9.49%), Vitamin B1: 0.13mg (8.78%), Phosphorus: 81.42mg (8.14%), Iron: 1.34mg (7.42%), Vitamin B2: 0.12mg (7.19%), Vitamin E: 0.92mg (6.14%), Calcium: 58.79mg (5.88%), Vitamin B3: 0.8mg (4.02%), Zinc: 0.57mg (3.82%), Vitamin B5: 0.33mg (3.33%), Selenium: 1.27µg (1.82%)