



WHATSheATE



Green Beans with Caramelized Pecans



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



144 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground to taste
- ☐ 2.5 pounds green beans trimmed
- ☐ 1 teaspoon kosher salt to taste
- ☐ 3 tablespoons brown sugar light packed
- ☐ 2 ounces pecans
- ☐ 0.3 cup shallots finely chopped (2 medium)
- ☐ 5 tablespoons butter unsalted

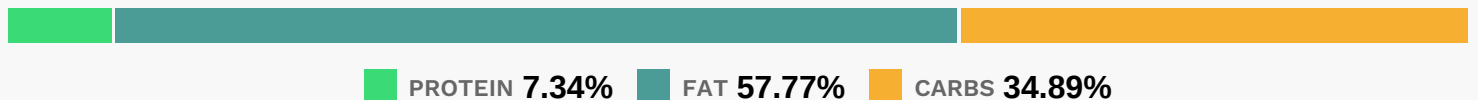
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ ziploc bags
- ☐ slotted spoon
- ☐ tongs
- ☐ colander

Directions

- ☐ Heat oven to 350°F with rack in middle.
- ☐ Spread out pecans on a rimmed sheet pan and bake in oven until pale golden on inside, about 6 to 8 minutes. Cool and coarsely chop.
- ☐ Have ready a colander submerged in a large bowl of ice water. Cook beans in a 6- to 8-quart pot of well-salted boiling water, uncovered, until just tender, 5 to 8 minutes. Using a large slotted spoon and/or tongs, transfer beans to colander in ice water to stop cooking, then drain well and dry on towels.
- ☐ Heat butter in a 12- to 14-inch deep heavy skillet (preferably straight-sided) over moderately high heat until foam subsides, then add shallot and cook, stirring until pale golden, 2 to 3 minutes.
- ☐ Reduce heat to medium and stir in sugar until almost dissolved, then cook pecans, stirring, 1 minute.
- ☐ Add green beans, kosher salt, and pepper, and sauté beans, turning them with tongs, until heated through, 2 to 4 minutes.
- ☐ Transfer to a platter and serve.
- ☐ •Beans can be trimmed 1 day ahead and kept chilled in a sealable plastic bag. Nuts can be lightly toasted 1 day ahead and kept chilled, covered.

Nutrition Facts



Properties

Glycemic Index:11.8, Glycemic Load:2.59, Inflammation Score:-7, Nutrition Score:9.9347826715397%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg 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: 144.13kcal (7.21%), Fat: 10.02g (15.42%), Saturated Fat: 4.01g (25.03%), Carbohydrates: 13.62g (4.54%), Net Carbohydrates: 9.73g (3.54%), Sugar: 8.04g (8.93%), Cholesterol: 15.05mg (5.02%), Sodium: 242.1mg (10.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.73%), Vitamin K: 49.68µg (47.31%), Manganese: 0.54mg (26.95%), Vitamin A: 961.41IU (19.23%), Vitamin C: 14.53mg (17.61%), Fiber: 3.88g (15.53%), Folate: 41.61µg (10.4%), Vitamin B6: 0.2mg (10.05%), Magnesium: 37.51mg (9.38%), Vitamin B1: 0.14mg (9.04%), Potassium: 296.7mg (8.48%), Iron: 1.44mg (8.03%), Copper: 0.16mg (7.88%), Vitamin B2: 0.13mg (7.61%), Phosphorus: 65.51mg (6.55%), Calcium: 54.1mg (5.41%), Vitamin E: 0.71mg (4.74%), Vitamin B3: 0.92mg (4.61%), Zinc: 0.57mg (3.8%), Vitamin B5: 0.34mg (3.41%), Selenium: 1.11µg (1.58%)