



Green Beans with Caramelized-Shallot Butter

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



84 kcal

SIDE DISH

Ingredients

- 0.3 cup balsamic vinegar
- 0.3 teaspoon pepper black freshly ground
- 2.5 tablespoons butter
- 2 teaspoons thyme leaves fresh chopped
- 10 cups green beans trimmed
- 1 teaspoon lemon rind grated
- 0.8 teaspoon salt
- 1 cup shallots sliced

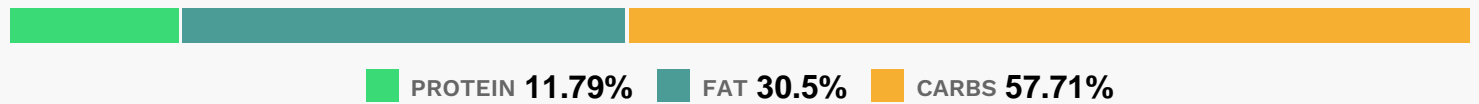
Equipment

- bowl
- sauce pan

Directions

- Melt the butter in a saucepan over medium-high heat.
- Add shallots; saut 4 minutes or until golden. Stir in vinegar; cook 1 1/2 minutes.
- Remove from heat. Stir in thyme, rind, salt, and pepper.
- Cook beans in boiling water 3 minutes or until crisp-tender; drain.
- Place beans in a large bowl. Stir in shallot mixture; toss well to coat.

Nutrition Facts



Properties

Glycemic Index:25.3, Glycemic Load:3.88, Inflammation Score:-8, Nutrition Score:9.1252173953082%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 84.33kcal (4.22%), Fat: 3.11g (4.79%), Saturated Fat: 1.86g (11.63%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 9.44g (3.43%), Sugar: 6.73g (7.48%), Cholesterol: 7.53mg (2.51%), Sodium: 208.37mg (9.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.41%), Vitamin K: 47.82µg (45.54%), Vitamin C: 16.21mg (19.65%), Vitamin A: 866.79IU (17.34%), Manganese: 0.33mg (16.58%), Fiber: 3.82g (15.27%), Vitamin B6: 0.24mg (11.94%), Folate: 44.66µg (11.17%), Potassium: 324.94mg (9.28%), Iron: 1.56mg (8.65%), Magnesium: 34.32mg (8.58%), Vitamin B2: 0.12mg (7.2%), Vitamin B1: 0.1mg (7%), Phosphorus: 58.98mg (5.9%), Calcium: 54.81mg (5.48%), Copper: 0.1mg (5.11%), Vitamin B3: 0.86mg (4.32%), Vitamin E: 0.54mg (3.62%), Vitamin B5: 0.32mg (3.23%), Zinc: 0.38mg (2.52%), Selenium: 0.98µg (1.4%)