



Green Beans with Citrus and Pecans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



160 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup evaporated cane juice
- ☐ 2 pounds haricots verts thin (green beans)
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.8 cup olive oil
- ☐ 0.3 cup orange juice fresh
- ☐ 1 tablespoon orange zest
- ☐ 2 cranberry-orange relish
- ☐ 0.5 cup pecans toasted chopped

☐ 1 shallots diced

Equipment

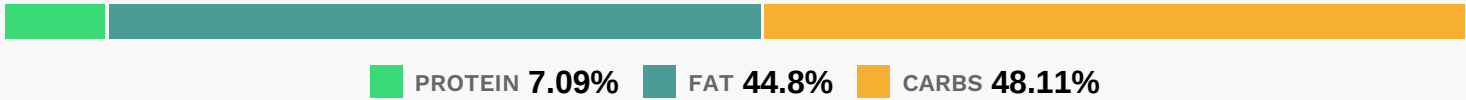
☐ paper towels

☐ whisk

Directions

- ☐ Whisk together first 6 ingredients.
- ☐ Add salt and pepper to taste.
- ☐ Cook green beans in boiling salted water to cover, stirring occasionally, 3 to 4 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain.
- ☐ Pat beans dry with paper towels.
- ☐ Place beans and orange segments in a zip-top plastic freezer bag; add vinaigrette, and seal bag. Turn bag to coat beans and oranges. Chill 2 hours.
- ☐ Sprinkle with pecans before serving.

Nutrition Facts



Properties

Glycemic Index:22.56, Glycemic Load:4.24, Inflammation Score:-7, Nutrition Score:12.278695733651%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Hesperetin: 11.63mg, Hesperetin: 11.63mg, Hesperetin: 11.63mg, Hesperetin: 11.63mg Naringenin: 5.38mg, Naringenin: 5.38mg, Naringenin: 5.38mg, Naringenin: 5.38mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 159.78kcal (7.99%), Fat: 8.84g (13.61%), Saturated Fat: 1.01g (6.31%), Carbohydrates: 21.37g (7.12%), Net Carbohydrates: 16.69g (6.07%), Sugar: 14.62g (16.25%), Cholesterol: 0mg (0%), Sodium: 7.49mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.3%), Vitamin C: 41.7mg (50.54%), Vitamin K: 51.45µg (49%), Manganese: 0.54mg (27.17%), Fiber: 4.67g (18.69%), Vitamin A: 884.15IU (17.68%), Folate: 55.03µg (13.76%), Vitamin B1: 0.18mg (11.79%), Vitamin B6: 0.21mg (10.67%), Potassium: 369.18mg (10.55%), Magnesium: 41.68mg (10.42%), Copper: 0.18mg (8.84%), Vitamin B2: 0.14mg (8.53%), Vitamin E: 1.22mg (8.11%), Iron: 1.45mg (8.07%), Phosphorus: 69.42mg (6.94%), Calcium: 63.54mg (6.35%), Vitamin B3: 1.06mg (5.3%), Vitamin B5: 0.44mg (4.36%), Zinc: 0.6mg (4%), Selenium: 1.14µg (1.64%)