



Green Beans with Citrus Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



18 min.

SERVINGS



6

CALORIES



86 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 pounds green beans trimmed
- ☐ 2.5 teaspoons juice of lemon fresh
- ☐ 0.8 teaspoon lemon rind grated
- ☐ 2.5 teaspoons juice of lime fresh
- ☐ 5.5 teaspoons olive oil divided
- ☐ 2.5 teaspoons orange juice fresh
- ☐ 0.8 teaspoon salt

☐

3 tablespoons shallots finely chopped

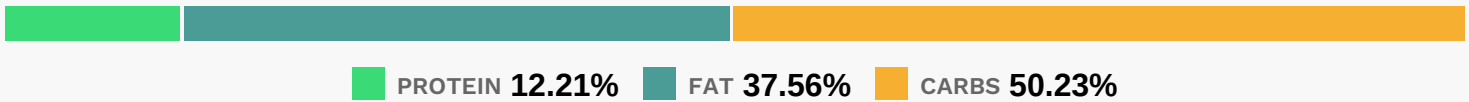
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring water to a boil in a large saucepan, and add green beans. Cook beans for 4 minutes or until crisp-tender, and drain. Rinse with cold water, drain, and set aside.
- ☐ Heat 1 teaspoon oil in a small skillet over medium-high heat.
- ☐ Add shallots; cook 2 minutes or until shallots begin to brown, stirring constantly.
- ☐ Combine the shallots, lemon rind, lemon juice, lime juice, orange juice, salt, and black pepper in a small bowl, stirring well with a whisk. Slowly add 4 1/2 teaspoons oil, stirring well.
- ☐ Drizzle the vinaigrette over the beans, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:3.34, Inflammation Score:-7, Nutrition Score:11.213478103928%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 85.5kcal (4.28%), Fat: 4.02g (6.18%), Saturated Fat: 0.59g (3.66%), Carbohydrates: 12.09g (4.03%), Net Carbohydrates: 7.78g (2.83%), Sugar: 5.67g (6.3%), Cholesterol: 0mg (0%), Sodium: 300.55mg (13.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Vitamin K: 67.41µg (64.2%), Vitamin C: 22.06mg (26.74%),

Vitamin A: 1051.04IU (21.02%), Manganese: 0.35mg (17.68%), Fiber: 4.31g (17.24%), Folate: 53.14µg (13.29%), Vitamin B6: 0.23mg (11.7%), Potassium: 347.75mg (9.94%), Magnesium: 39.65mg (9.91%), Vitamin B2: 0.16mg (9.42%), Iron: 1.66mg (9.22%), Vitamin B1: 0.13mg (8.72%), Vitamin E: 1.16mg (7.74%), Phosphorus: 61.57mg (6.16%), Calcium: 59.45mg (5.95%), Vitamin B3: 1.14mg (5.69%), Copper: 0.11mg (5.62%), Vitamin B5: 0.37mg (3.67%), Zinc: 0.39mg (2.6%), Selenium: 0.98µg (1.4%)