



Green Beans with Crisp Shallots, Chile, and Mint



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



152 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 1.5 lb green beans trimmed
- ☐ 0.5 teaspoon salt
- ☐ 1 small serrano chiles fresh red thinly sliced ()
- ☐ 6 oz shallots separated thinly sliced (5 medium)
- ☐ 0.7 cup vegetable oil

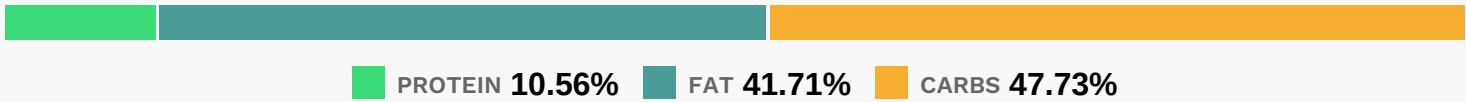
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ slotted spoon
- ☐ tongs
- ☐ colander

Directions

- ☐ Cook beans in a 4- to 5-quart pot of boiling salted water, uncovered, until just tender, about 5 minutes.
- ☐ Drain beans in a colander.
- ☐ Heat oil in a 12-inch heavy skillet over moderate heat until hot but not smoking, then fry shallots in 3 batches, stirring frequently, until golden brown, 3 to 5 minutes per batch (watch carefully; shallots burn easily).
- ☐ Transfer shallots quickly as browned with a slotted spoon to paper towels to drain. (Shallots will become crisp as they cool.)
- ☐ Discard all but about 1 tablespoon oil from skillet, then cook chile over moderate heat, stirring, until softened, about 2 minutes.
- ☐ Add beans and salt and toss with tongs until heated through.
- ☐ Remove from heat and add fried shallots and mint, tossing to combine.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:5.08, Inflammation Score:-8, Nutrition Score:15.620869335921%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg

0.22mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 152kcal (7.6%), Fat: 7.74g (11.91%), Saturated Fat: 1.22g (7.6%), Carbohydrates: 19.94g (6.65%), Net Carbohydrates: 13.48g (4.9%), Sugar: 8.95g (9.94%), Cholesterol: 0mg (0%), Sodium: 307.89mg (13.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.83%), Vitamin K: 87.02µg (82.88%), Vitamin C: 26.62mg (32.26%), Vitamin A: 1428.38IU (28.57%), Manganese: 0.56mg (28.06%), Fiber: 6.46g (25.84%), Vitamin B6: 0.4mg (20.07%), Folate: 77.35µg (19.34%), Potassium: 537.58mg (15.36%), Iron: 2.56mg (14.25%), Magnesium: 56.29mg (14.07%), Vitamin B2: 0.2mg (11.86%), Vitamin B1: 0.17mg (11.36%), Phosphorus: 94.86mg (9.49%), Calcium: 92.68mg (9.27%), Vitamin E: 1.32mg (8.79%), Copper: 0.18mg (8.77%), Vitamin B3: 1.45mg (7.26%), Vitamin B5: 0.53mg (5.28%), Zinc: 0.65mg (4.3%), Selenium: 1.54µg (2.2%)