



Green Beans with Glazed Shallots in Lemon-Dill Butter



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



64 kcal

SIDE DISH

Ingredients

- ☐ 1 lb green beans fresh trimmed
- ☐ 2 tablespoons butter
- ☐ 2 shallots finely chopped
- ☐ 0.5 teaspoon sugar
- ☐ 1 teaspoon juice of lemon
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 0.3 teaspoon salt

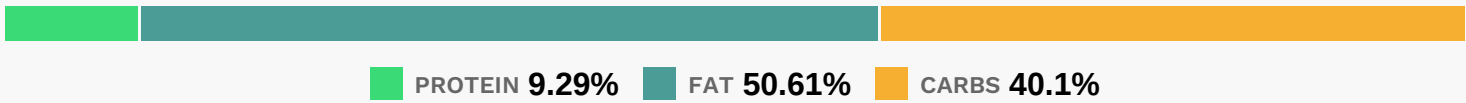
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ In 4-quart Dutch oven, heat 1 to 2 inches water to boiling.
- ☐ Add beans; boil uncovered 8 to 10 minutes or until crisp-tender.
- ☐ Drain; return to Dutch oven.
- ☐ Meanwhile, in 10-inch skillet, melt butter over medium heat.
- ☐ Add shallots; cook 2 to 3 minutes, stirring occasionally, until crisp-tender. Stir in sugar. Cook 2 to 3 minutes longer, stirring occasionally, until shallots are glazed and brown. Stir in lemon juice, dill weed and salt.
- ☐ Add shallot mixture to green beans; toss to coat.

Nutrition Facts



Properties

Glycemic Index:35.18, Glycemic Load:2.06, Inflammation Score:-5, Nutrition Score:5.8256521846937%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 64.39kcal (3.22%), Fat: 3.96g (6.1%), Saturated Fat: 2.44g (15.24%), Carbohydrates: 7.07g (2.36%), Net Carbohydrates: 4.75g (1.73%), Sugar: 3.48g (3.86%), Cholesterol: 10.03mg (3.34%), Sodium: 132.49mg (5.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.27%), Vitamin K: 32.9µg (31.33%), Vitamin A: 643.78IU (12.88%), Vitamin C: 10.27mg (12.45%), Manganese: 0.19mg (9.44%), Fiber: 2.31g (9.25%), Folate: 28.19µg (7.05%),

Vitamin B6: 0.14mg (6.8%), Potassium: 189.84mg (5.42%), Magnesium: 20.83mg (5.21%), Iron: 0.89mg (4.92%),
Vitamin B2: 0.08mg (4.84%), Vitamin B1: 0.07mg (4.5%), Phosphorus: 34.96mg (3.5%), Calcium: 32.43mg (3.24%),
Copper: 0.06mg (2.99%), Vitamin B3: 0.58mg (2.88%), Vitamin E: 0.42mg (2.82%), Vitamin B5: 0.2mg (2.01%), Zinc:
0.22mg (1.47%)