



WHATSheATE



Green Beans with Honey-Mustard Glaze



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



101 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds green beans trimmed
- ☐ 0.3 cup honey
- ☐ 3 tablespoons mustard seeds
- ☐ 0.3 cup rice vinegar

Equipment

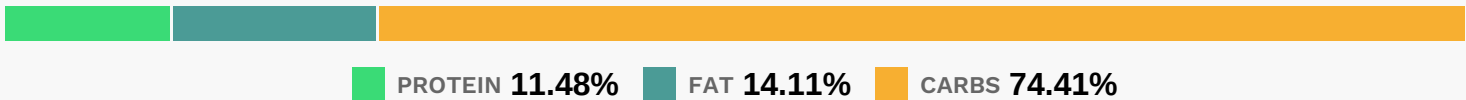
- ☐ frying pan
- ☐ sauce pan
- ☐ stove

☐ ziploc bags

Directions

- ☐ To make it...
- ☐ Bring a large saucepan of lightly salted water to a boil. Drop in the green beans and cook, uncovered, 5 to 7 minutes or until tender but still crisp.
- ☐ Drain. (Can be made ahead to this point. Rinse with cold water to stop the cooking.
- ☐ Place in a resealable plastic bag and refrigerate.) Dry the saucepan and return it to the stove. Toast the mustard seeds over low heat just until they pop, about 1 minute, stirring to prevent scorching.
- ☐ Add the honey and vinegar and cook until the sauce boils and becomes syrupy.
- ☐ Add the green beans and toss.
- ☐ To fake it...and save 15 minutes
- ☐ Thaw three 9-ounce packages whole green beans under warm running water.
- ☐ Place in a skillet with 1/2 cup bottled honey-mustard salad dressing. Over medium heat, toss until heated through, adding more dressing if necessary to lightly coat all the green beans.

Nutrition Facts



Properties

Glycemic Index:18.53, Glycemic Load:8.3, Inflammation Score:-7, Nutrition Score:9.7804347846819%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 100.96kcal (5.05%), Fat: 1.74g (2.68%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 20.71g (6.9%), Net Carbohydrates: 17.11g (6.22%), Sugar: 15.58g (17.31%), Cholesterol: 0mg (0%), Sodium: 8.12mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.39%), Vitamin K: 48.98µg (46.65%), Manganese: 0.36mg (18.15%), Vitamin C: 14.2mg (17.21%), Vitamin A: 783.73IU (15.67%), Fiber: 3.59g (14.37%), Selenium: 9.43µg (13.47%), Folate: 44.39µg (11.1%), Magnesium: 44mg (11%), Vitamin B6: 0.18mg (8.98%), Iron: 1.61mg (8.95%), Vitamin B1: 0.13mg

(8.41%), Potassium: 277.27mg (7.92%), Vitamin B2: 0.13mg (7.89%), Phosphorus: 78.24mg (7.82%), Copper: 0.11mg (5.53%), Calcium: 54.41mg (5.44%), Vitamin B3: 1.04mg (5.22%), Vitamin E: 0.67mg (4.49%), Zinc: 0.56mg (3.7%), Vitamin B5: 0.3mg (2.98%)