



Green Beans with Miso Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



359 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 1 garlic clove minced
- ☐ 0.5 pound green beans trimmed
- ☐ 2 servings kosher salt
- ☐ 2 teaspoons miso
- ☐ 0.3 cup rice wine
- ☐ 2 servings sesame seed
- ☐ 2 teaspoons shallots minced

- ☐ 2 tablespoons butter unsalted room-temperature
- ☐ 0.3 cup vegetable stock
- ☐ 2 tablespoons vegetable oil

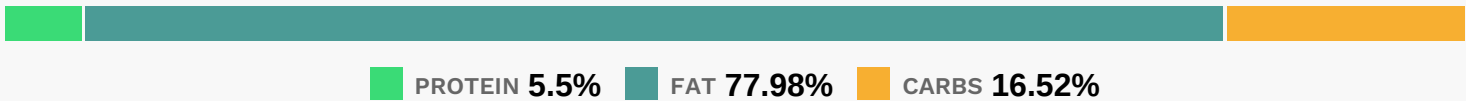
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Cook 1/2 pound trimmed green beans in a large pot of boiling salted water until crisp-tender, 2-3 minutes; drain.
- ☐ Transfer to a bowl of ice water to cool; drain.
- ☐ Whisk 2 tablespoons plus 2 teaspoons room-temperature unsalted butter with 2 teaspoons miso in a small bowl.
- ☐ Heat 2 tablespoons vegetable oil in a large skillet over medium-high heat.
- ☐ Add beans; season with kosher salt and freshly ground black pepper. Toss to coat. Stir in 2 teaspoons minced shallot and 1 minced garlic clove; cook for 1 minute.
- ☐ Add 1/4 cup sake; cook until almost evaporated, 1-2 minutes.
- ☐ Add 1/4 cup vegetable broth or water; cook until sauce thickens and reduces by half, about 1 minute. Lower heat to medium; add miso butter and stir until a creamy sauce forms.
- ☐ Garnish with sesame seeds, if desired.

Nutrition Facts



Properties

Glycemic Index:139.5, Glycemic Load:3.69, Inflammation Score:-8, Nutrition Score:14.272173781758%

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: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 359.07kcal (17.95%), Fat: 29.55g (45.46%), Saturated Fat: 9.94g (62.14%), Carbohydrates: 14.08g (4.69%), Net Carbohydrates: 9.63g (3.5%), Sugar: 4.52g (5.03%), Cholesterol: 30.1mg (10.03%), Sodium: 545.43mg (23.71%), Alcohol: 4.83g (100%), Alcohol %: 2.8% (100%), Protein: 4.69g (9.37%), Vitamin K: 76.71µg (73.06%), Manganese: 0.54mg (26.9%), Vitamin A: 1201.58IU (24.03%), Copper: 0.44mg (22.13%), Fiber: 4.45g (17.8%), Vitamin C: 14.46mg (17.53%), Magnesium: 62.36mg (15.59%), Iron: 2.58mg (14.32%), Calcium: 132.26mg (13.23%), Vitamin B6: 0.26mg (13.06%), Vitamin E: 1.93mg (12.84%), Folate: 47.48µg (11.87%), Phosphorus: 111.76mg (11.18%), Vitamin B1: 0.17mg (11.14%), Vitamin B2: 0.16mg (9.33%), Potassium: 314.23mg (8.98%), Zinc: 1.09mg (7.28%), Selenium: 4.65µg (6.65%), Vitamin B3: 1.27mg (6.35%), Vitamin B5: 0.31mg (3.11%), Vitamin D: 0.21µg (1.4%)