



Green Beans with Mustard-Seed Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



175 kcal

SIDE DISH

Ingredients

- ☐ 4.5 pounds green beans trimmed
- ☐ 0.5 cup heavy cream
- ☐ 12 servings salt and pepper freshly ground
- ☐ 4 medium shallots thinly sliced
- ☐ 0.7 cup sherry vinegar
- ☐ 4 ounces butter unsalted softened
- ☐ 0.3 cup water
- ☐ 0.3 cup whole-grain mustard

☐ 2 tablespoons mustard seeds yellow

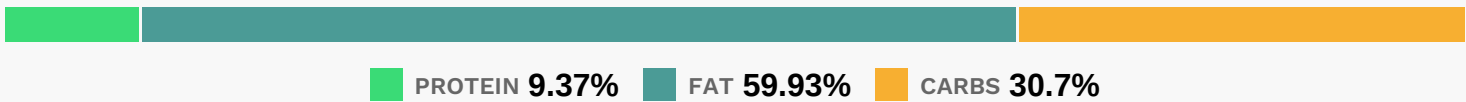
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large skillet, toast the mustard seeds over moderately high heat, shaking the pan frequently, until they pop and start to brown, about 30 seconds.
- ☐ Transfer to a plate and let cool.
- ☐ Add the shallots, sherry vinegar and water to the skillet and simmer over moderately low heat until the liquid is reduced to 1 tablespoon, about 12 minutes.
- ☐ Add the cream and simmer over moderate heat until thickened, about 5 minutes.
- ☐ Transfer to a bowl and let cool to room temperature, then stir in the butter, mustard and toasted mustard seeds. Season with salt and pepper.
- ☐ In a large pot of boiling salted water, cook the green beans until crisp-tender, about 8 minutes.
- ☐ Drain the beans, pat dry and transfer to a large bowl.
- ☐ Add the mustard-seed butter, season with salt and pepper; toss and serve.
- ☐ Make Ahead: The mustard-seed butter can be refrigerated for up to 3 days or frozen for up to 1 month.
- ☐ Let the butter return to room temperature before using. The cooked green beans can be refrigerated overnight; blanch in boiling water or steam until heated through.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:3.7, Inflammation Score:-8, Nutrition Score:14.173478261284%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 175.2kcal (8.76%), Fat: 12.47g (19.18%), Saturated Fat: 7.27g (45.44%), Carbohydrates: 14.37g (4.79%), Net Carbohydrates: 9.06g (3.3%), Sugar: 6.69g (7.44%), Cholesterol: 31.52mg (10.51%), Sodium: 267.32mg (11.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.77%), Vitamin K: 74.36µg (70.82%), Vitamin A: 1560.18IU (31.2%), Vitamin C: 21.7mg (26.3%), Manganese: 0.47mg (23.27%), Fiber: 5.31g (21.22%), Folate: 62.98µg (15.74%), Vitamin B6: 0.28mg (14.16%), Magnesium: 55.02mg (13.75%), Vitamin B2: 0.21mg (12.27%), Potassium: 424.96mg (12.14%), Iron: 2.18mg (12.09%), Vitamin B1: 0.17mg (11.43%), Selenium: 7.09µg (10.13%), Phosphorus: 99.5mg (9.95%), Calcium: 84.04mg (8.4%), Vitamin E: 1.12mg (7.48%), Copper: 0.15mg (7.26%), Vitamin B3: 1.39mg (6.96%), Vitamin B5: 0.47mg (4.73%), Zinc: 0.62mg (4.16%), Vitamin D: 0.3µg (2%)