



Green Beans with Pickled-Onion Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



128 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup apple cider vinegar
- ☐ 1 small bay leaf
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 0.3 cup brown sugar packed ()
- ☐ 2 pounds green beans trimmed
- ☐ 0.3 cup maple syrup pure
- ☐ 3 tablespoons olive oil
- ☐ 2 large onions thinly sliced

- ☐ 0.8 cup red wine vinegar
- ☐ 1 teaspoon salt
- ☐ 5 thyme sprigs fresh

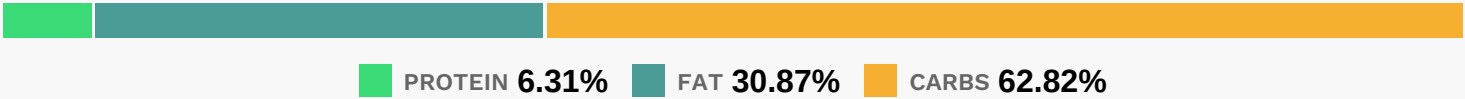
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ ziploc bags
- ☐ kitchen towels

Directions

- ☐ Fill large bowl with ice and cold water. Cook beans in large pot of generously salted boiling water just until crisp-tender, 5 to 6 minutes.
- ☐ Drain.
- ☐ Place beans in bowl of ice water until cool.
- ☐ Drain well, then pat dry with kitchen towels. DO AHEAD: Can be made 1 day ahead. Wrap beans in several layers of paper towels; enclose in large resealable plastic bag and chill. Bring to room temperature before using.
- ☐ Combine 2 cups water, cider vinegar, and next 6 ingredients in large saucepan. Bring to boil, stirring until sugar dissolves.
- ☐ Add onions; bring to boil. Reduce heat and simmer until onions are wilted, about 4 minutes.
- ☐ Remove from heat. Cool uncovered to room temperature. DO AHEAD: Can be made 1 day ahead. Cover and chill onion mixture. Before using, drain liquid; discard thyme, cloves, and bay leaf and bring to room temperature.
- ☐ Whisk oil, syrup, and chopped thyme in large bowl. Season with salt and pepper.
- ☐ Add green beans and drained onions; toss to coat.
- ☐ Transfer salad to platter and serve.

Nutrition Facts



Properties

Glycemic Index:23.95, Glycemic Load:4.48, Inflammation Score:-8, Nutrition Score:8.5743477085362%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg

Nutrients (% of daily need)

Calories: 127.79kcal (6.39%), Fat: 4.44g (6.83%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 20.34g (6.78%), Net Carbohydrates: 17.28g (6.28%), Sugar: 14.46g (16.07%), Cholesterol: 0mg (0%), Sodium: 243.94mg (10.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.09%), Vitamin K: 41.66µg (39.67%), Manganese: 0.49mg (24.48%), Vitamin C: 14.5mg (17.58%), Vitamin A: 660.43IU (13.21%), Vitamin B2: 0.21mg (12.24%), Fiber: 3.06g (12.24%), Folate: 36.03µg (9.01%), Vitamin B6: 0.17mg (8.44%), Potassium: 285.13mg (8.15%), Magnesium: 30.62mg (7.65%), Iron: 1.31mg (7.3%), Vitamin E: 0.98mg (6.55%), Vitamin B1: 0.09mg (6.26%), Calcium: 59.24mg (5.92%), Phosphorus: 47.01mg (4.7%), Copper: 0.08mg (4.21%), Vitamin B3: 0.73mg (3.63%), Vitamin B5: 0.25mg (2.51%), Zinc: 0.35mg (2.35%), Selenium: 0.78µg (1.11%)