



Green Beans with Pickled Onions

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



66 kcal

SIDE DISH

Ingredients

- 3 cups green beans fresh
- 0.3 cup apple cider vinegar
- 1 tablespoon sugar
- 0.3 teaspoon salt
- 0.1 teaspoon pepper
- 0.5 medium onion red very thinly sliced
- 2 teaspoons vegetable oil

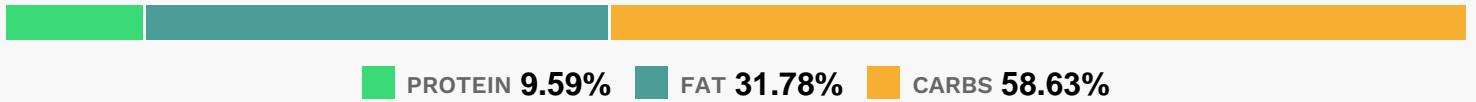
Equipment

- bowl
- sauce pan
- colander

Directions

- In 2-quart saucepan, heat 1/2 cup water to boiling over high heat.
- Add green beans; cover and return to boiling. Reduce heat; simmer covered 10 to 12 minutes or until tender.
- Drain; cool in colander under cold running water.
- Meanwhile, in shallow bowl, stir vinegar, sugar, salt and pepper until sugar is dissolved.
- Add onion; toss to coat.
- Let stand 10 minutes, tossing occasionally.
- Drain, reserving 1 tablespoon vinegar mixture.
- In medium serving bowl, place beans; top with onion.
- Drizzle with reserved vinegar mixture and the oil; toss to coat.

Nutrition Facts



Properties

Glycemic Index:53.77, Glycemic Load:4.06, Inflammation Score:-5, Nutrition Score:6.3995652457942%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

Nutrients (% of daily need)

Calories: 65.81kcal (3.29%), Fat: 2.46g (3.78%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 10.2g (3.4%), Net Carbohydrates: 7.72g (2.81%), Sugar: 6.33g (7.03%), Cholesterol: 0mg (0%), Sodium: 151.63mg (6.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.33%), Vitamin K: 39.77µg (37.88%), Vitamin C: 11.08mg (13.43%), Manganese: 0.24mg (12.08%), Vitamin A: 569.87IU (11.4%), Fiber: 2.48g (9.91%), Folate: 29.85µg (7.46%), Vitamin

B6: 0.13mg (6.65%), Potassium: 205.98mg (5.89%), Magnesium: 22.86mg (5.71%), Vitamin B2: 0.09mg (5.31%), Iron: 0.92mg (5.1%), Vitamin B1: 0.07mg (4.94%), Phosphorus: 36.63mg (3.66%), Calcium: 35.13mg (3.51%), Vitamin E: 0.53mg (3.5%), Copper: 0.06mg (3.23%), Vitamin B3: 0.62mg (3.11%), Vitamin B5: 0.2mg (2.03%), Zinc: 0.23mg (1.53%)