



Green Beans with Roasted Corn and Green Onions

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



258 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoons pepper black
- 3 tablespoons butter
- 2 ears corn white
- 2 tablespoons garlic chopped
- 4 cups green beans
- 2 tablespoons olive oil
- 3 tablespoons parmigiano-reggiano grated

- 1 large onion red cut in 1/8-inch rounds
- 0.3 cup roma tomatoes diced
- 2 teaspoons sea salt
- 4 servings water to cover beans
- 0.3 cup white wine

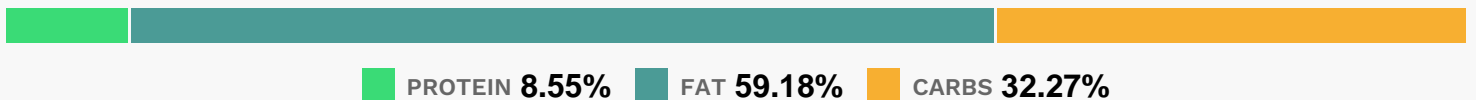
Equipment

- frying pan
- pot
- grill

Directions

- In a medium sauce pot, bring water and 1 teaspoon salt to a boil.
- Add green beans and blanch for 3 minutes.
- Remove from water and put into an ice water bath.
- Drain.
- Heat grill or gas burners.
- Place cleaned corn on the cob on the grill or burner. Turn corn and lightly brown all the way around.
- Let cool and slice the kernels off the cob.
- In a large saute pan over medium heat, add oil, after 45 seconds add onions and saute for 4 to 5 minutes, add green beans, corn, and garlic.
- Saute for 4 minutes, deglaze with wine, season with salt and pepper, and butter.
- Garnish with Roma tomatoes and Parmesan.
- Ease of preparation: easy

Nutrition Facts



Properties

Glycemic Index:66.25, Glycemic Load:3.41, Inflammation Score:-8, Nutrition Score:13.507391188456%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 8.75mg, Quercetin: 8.75mg, Quercetin: 8.75mg, Quercetin: 8.75mg

Nutrients (% of daily need)

Calories: 257.84kcal (12.89%), Fat: 17.43g (26.81%), Saturated Fat: 7.21g (45.04%), Carbohydrates: 21.39g (7.13%), Net Carbohydrates: 16.66g (6.06%), Sugar: 8.18g (9.09%), Cholesterol: 25.13mg (8.38%), Sodium: 1319.02mg (57.35%), Alcohol: 1.54g (100%), Alcohol %: 0.41% (100%), Protein: 5.66g (11.33%), Vitamin K: 54.67µg (52.07%), Vitamin C: 21.79mg (26.41%), Manganese: 0.52mg (25.76%), Vitamin A: 1261.65IU (25.23%), Fiber: 4.73g (18.9%), Folate: 63.58µg (15.89%), Vitamin B6: 0.3mg (15.2%), Magnesium: 56.14mg (14.03%), Potassium: 468.41mg (13.38%), Phosphorus: 131.53mg (13.15%), Vitamin B1: 0.19mg (12.62%), Vitamin E: 1.84mg (12.24%), Calcium: 115.02mg (11.5%), Vitamin B2: 0.17mg (10.17%), Iron: 1.7mg (9.46%), Copper: 0.18mg (8.94%), Vitamin B3: 1.79mg (8.94%), Vitamin B5: 0.68mg (6.83%), Zinc: 0.75mg (5.02%), Selenium: 2.63µg (3.75%), Vitamin B12: 0.06µg (1.05%)