



## Green Beans With Shallot Dressing

 **Gluten Free**  **Dairy Free**

READY IN



**30 min.**

SERVINGS



**4**

CALORIES



**146 kcal**

SIDE DISH

### Ingredients

- 1 slice bacon
- 1 teaspoon add carrot and onion to bacon fat . cook
- 0.5 pound green beans french thin (haricots verts)
- 2 teaspoons mustard dijon-style
- 3 tablespoons olive oil extra-virgin
- 1 tablespoon shallots minced
- 2 teaspoons citrus champagne vinegar

### Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- whisk

## Directions

- Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Drain the bacon slice on a paper towel-lined plate.
- Let cool and crumble bacon. Reserve 1 teaspoon of bacon drippings.
- Place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat.
- Add the green beans, recover, and steam until just tender, 3 minutes.
- Whisk together olive oil, Dijon-style mustard, vinegar, bacon drippings, and shallot in a bowl. Toss hot, steamed green beans in a bowl with the dressing and crumbled bacon, and serve.

## Nutrition Facts

■ PROTEIN **5.04%** ■ FAT **82.82%** ■ CARBS **12.14%**

## Properties

Glycemic Index:27, Glycemic Load:1.22, Inflammation Score:-4, Nutrition Score:5.2782609061055%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

## Nutrients (% of daily need)

Calories: 146.1kcal (7.31%), Fat: 13.89g (21.37%), Saturated Fat: 2.61g (16.28%), Carbohydrates: 4.58g (1.53%), Net Carbohydrates: 2.86g (1.04%), Sugar: 2.08g (2.31%), Cholesterol: 4.58mg (1.53%), Sodium: 69.52mg (3.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.8%), Vitamin K: 30.76µg (29.29%), Vitamin E: 1.78mg (11.89%), Vitamin C: 7.14mg (8.65%), Vitamin A: 395.13IU (7.9%), Manganese: 0.14mg (7.1%), Fiber: 1.72g (6.87%),

Vitamin B6: 0.1mg (5.25%), Folate: 19.74µg (4.93%), Vitamin B1: 0.07mg (4.53%), Magnesium: 16.66mg (4.16%), Iron: 0.75mg (4.15%), Potassium: 143.71mg (4.11%), Vitamin B2: 0.07mg (3.86%), Phosphorus: 33.87mg (3.39%), Selenium: 2.33µg (3.32%), Vitamin B3: 0.66mg (3.28%), Calcium: 24.01mg (2.4%), Copper: 0.05mg (2.29%), Vitamin B5: 0.17mg (1.73%), Zinc: 0.23mg (1.53%)