



Green Beans with Shallots

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



117 kcal

SIDE DISH

Ingredients

- 1.5 pounds green beans cleaned trimmed
- 3 tablespoons olive oil
- 3 medium shallots minced
- 3 tablespoons butter unsalted

Equipment

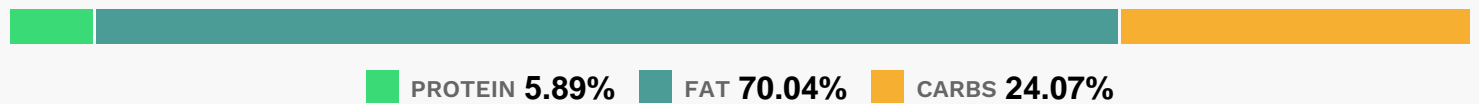
- bowl
- frying pan
- sauce pan

colander

Directions

- Prepare an ice water bath by filling a bowl halfway with ice and water; set aside. Fill a medium saucepan with heavily salted water and bring to a boil over high heat.
- Add the green beans and cook until just tender, about 6 minutes.
- Drain the beans and place in the ice water bath or in a colander under cold running water. Once the beans are cool, drain again, shaking the colander to remove any excess water.
- Heat the butter and oil in a large frying pan over medium-high heat. When the butter foams, add the shallots and sauté until golden brown, about 3 minutes.
- Add the blanched green beans, toss to coat in the butter and oil, and cook, stirring rarely, until they begin to color on the edges. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:2.05, Inflammation Score:-6, Nutrition Score:6.8878260060497%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 117.17kcal (5.86%), Fat: 9.7g (14.93%), Saturated Fat: 3.47g (21.66%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 4.91g (1.79%), Sugar: 3.51g (3.9%), Cholesterol: 11.29mg (3.76%), Sodium: 6.91mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.67%), Vitamin K: 40.17µg (38.26%), Vitamin A: 718.41IU (14.37%), Vitamin C: 11.13mg (13.49%), Manganese: 0.21mg (10.56%), Fiber: 2.6g (10.39%), Vitamin E: 1.23mg (8.2%), Folate: 31.41µg (7.85%), Vitamin B6: 0.15mg (7.62%), Potassium: 212.08mg (6.06%), Magnesium: 23.34mg (5.83%), Iron: 1.02mg (5.66%), Vitamin B2: 0.09mg (5.42%), Vitamin B1: 0.08mg (5.04%), Phosphorus: 39.2mg (3.92%), Calcium: 36.25mg (3.62%), Copper: 0.07mg (3.39%), Vitamin B3: 0.65mg (3.23%), Vitamin B5: 0.22mg (2.24%), Zinc: 0.25mg (1.64%)