



WHATSheATE



Green beans with shallots



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



60 kcal

SIDE DISH

Ingredients



400 g green beans



25 g butter



3 shallots finely chopped

Equipment

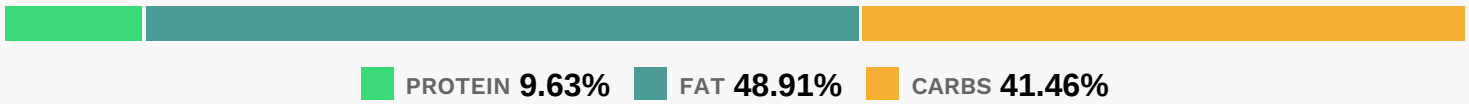


frying pan

Directions

- ☐ Cook the green beans in boiling, salted water for 3–4 mins, until just tender.
- ☐ Drain and cool under cold running water. This can be done the day before just keep the beans covered in the fridge.
- ☐ When youre ready to eat, heat the butter in a large frying pan until foaming, add the shallots and cook for 4–5 mins, until soft but not coloured. Throw in the beans and toss to coat. Cook for 1–2 mins until heated through, then season.
- ☐ Serve with the pork.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:1.82, Inflammation Score:-5, Nutrition Score:5.3539130580814%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 59.54kcal (2.98%), Fat: 3.54g (5.44%), Saturated Fat: 2.18g (13.61%), Carbohydrates: 6.75g (2.25%), Net Carbohydrates: 4.55g (1.65%), Sugar: 3.16g (3.51%), Cholesterol: 8.96mg (2.99%), Sodium: 32.29mg (1.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Vitamin K: 29.06µg (27.67%), Vitamin A: 564.63IU (11.29%), Vitamin C: 9.13mg (11.07%), Manganese: 0.18mg (9.02%), Fiber: 2.2g (8.8%), Vitamin B6: 0.14mg (6.86%), Folate: 26.38µg (6.59%), Potassium: 183.42mg (5.24%), Magnesium: 19.38mg (4.84%), Iron: 0.84mg (4.65%), Vitamin B2: 0.07mg (4.31%), Vitamin B1: 0.06mg (4.16%), Phosphorus: 33.83mg (3.38%), Calcium: 30.29mg (3.03%), Copper: 0.06mg (2.85%), Vitamin B3: 0.52mg (2.58%), Vitamin E: 0.38mg (2.5%), Vitamin B5: 0.19mg (1.91%), Zinc: 0.21mg (1.42%)