



Green Beans with Shallots and Clementine Zest



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



87 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons 2 teaspoons grated clementine zest (about 2 clementines) grated 2 clementines
- ☐ 1.5 pounds green beans fresh trimmed halved
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 cup shallots thinly sliced
- ☐ 1 tablespoon butter unsalted

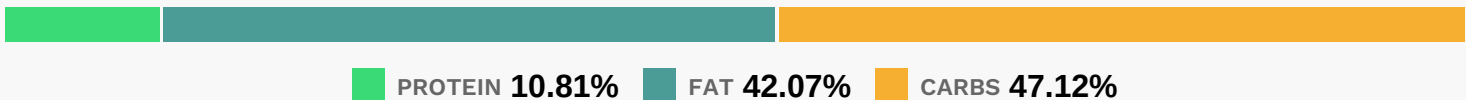
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ plastic wrap

Directions

- ☐ Fill a 4 1/2- to 5-quart stockpot halfway with water. Bring to a boil over high heat. Fill a bowl with cold water and several cups of ice.
- ☐ Add green beans to boiling salted water. Cook 3 to 5 minutes or until al dente.
- ☐ Drain and shock beans immediately in the ice bath. When cool, drain and pat dry. Cover with plastic wrap, and chill 30 minutes or up to 1 day.
- ☐ Combine butter and olive oil over medium-high heat in a saut pan, and saut shallot and 1 teaspoon zest until translucent and soft, about 1 to 1 1/2 minutes.
- ☐ Add beans, and season with kosher salt and pepper. Saut until beans are warmed through, about 30 seconds.
- ☐ Transfer to warmed platter, garnish with remaining 1 teaspoon zest, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:3.06, Inflammation Score:-7, Nutrition Score:9.094782733075%

Flavonoids

Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 87.11kcal (4.36%), Fat: 4.5g (6.92%), Saturated Fat: 1.58g (9.89%), Carbohydrates: 11.34g (3.78%), Net Carbohydrates: 7.61g (2.77%), Sugar: 5.26g (5.85%), Cholesterol: 5.02mg (1.67%), Sodium: 397.08mg (17.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Vitamin K: 50.63µg (48.22%), Vitamin C: 15.61mg (18.92%), Vitamin A: 842.33IU (16.85%), Manganese: 0.31mg (15.71%), Fiber: 3.73g (14.93%), Vitamin B6: 0.23mg (11.43%), Folate: 44.26µg (11.07%), Potassium: 307.57mg (8.79%), Magnesium: 32.73mg (8.18%), Iron: 1.43mg (7.96%), Vitamin B2: 0.12mg (7.23%), Vitamin B1: 0.11mg (7.01%), Vitamin E: 0.87mg (5.77%), Phosphorus: 55.73mg (5.57%), Calcium: 50.66mg (5.07%), Copper: 0.1mg (4.89%), Vitamin B3: 0.88mg (4.38%), Vitamin B5: 0.32mg (3.18%), Zinc: 0.36mg (2.37%), Selenium: 0.95µg (1.35%)