



Green Beans with Shallots and Hazelnuts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



90 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 pounds green beans trimmed cut into 3-inch pieces
- ☐ 0.3 cup hazelnuts toasted chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 4 shallots thinly sliced
- ☐ 2 quarts water

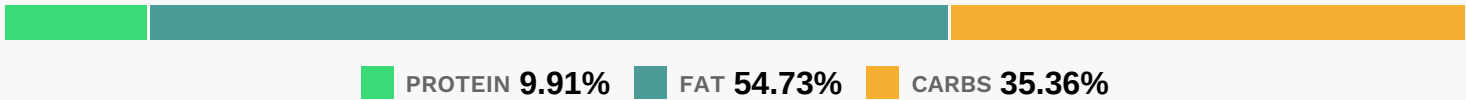
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Combine 2 quarts water and 1 tablespoon salt in a large Dutch oven; bring to a boil.
- ☐ Add green beans; cook 3 minutes or until crisp-tender.
- ☐ Drain and plunge beans into ice water; drain.
- ☐ Heat olive oil in a large nonstick skillet over medium-high heat, swirling to coat.
- ☐ Add shallots, and saut for 3 minutes or until golden brown.
- ☐ Add beans, 1/4 teaspoon salt, and pepper; toss to coat. Cook for 2 minutes or until beans are thoroughly heated.
- ☐ Sprinkle with hazelnuts.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:2.23, Inflammation Score:-6, Nutrition Score:8.2373914563138%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg 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: 90.01kcal (4.5%), Fat: 5.98g (9.2%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 8.69g (2.9%), Net Carbohydrates: 5.62g (2.04%), Sugar: 3.92g (4.35%), Cholesterol: 0mg (0%), Sodium: 963.24mg (41.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.88%), Vitamin K: 39.41µg (37.54%), Manganese: 0.46mg

(23.11%), Vitamin C: 11.61mg (14.08%), Fiber: 3.08g (12.3%), Vitamin A: 588.43IU (11.77%), Vitamin E: 1.42mg (9.47%), Vitamin B6: 0.18mg (9.22%), Folate: 36.56µg (9.14%), Copper: 0.17mg (8.68%), Magnesium: 32.5mg (8.12%), Potassium: 247.76mg (7.08%), Iron: 1.24mg (6.87%), Vitamin B1: 0.1mg (6.76%), Vitamin B2: 0.1mg (5.61%), Phosphorus: 50.79mg (5.08%), Calcium: 48.36mg (4.84%), Vitamin B3: 0.72mg (3.59%), Vitamin B5: 0.26mg (2.63%), Zinc: 0.37mg (2.49%), Selenium: 0.76µg (1.08%)