



Green Beans with Shallots and Pancetta

 Gluten Free  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



121 kcal

SIDE DISH

Ingredients

- 4 servings pepper black freshly ground
- 2 teaspoons butter
- 1 pound green beans ends trimmed (if any)
- 2 ounces pancetta diced
- 4 servings salt
- 2 large shallots chopped

Equipment

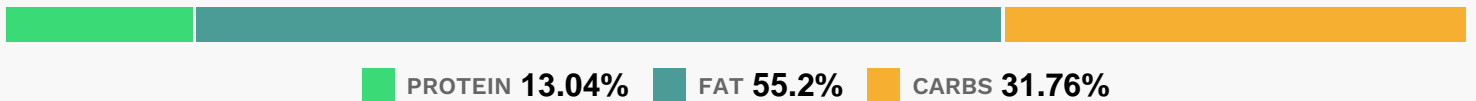
- bowl

- frying pan
- pot
- slotted spoon

Directions

- Blanch the beans in a large pot of boiling salted water 4 minutes, or until they are crisp tender. Note: Test one, if it is "chewy" keep the beans cooking a bit longer. If you are using French cut beans, or extra thin beans, they may not need to cook as long as 4 minutes; start testing them at 1 1/2 to 2 minutes.
- Drain and place the beans in a bowl of ice water to stop the cooking.
- Drain again and set aside. (At this point you can make the beans a day ahead, store in refrigerator.) 2
- Heat a large sauté pan on medium high heat.
- Add the diced pancetta and cook, stirring occasionally, until lightly browned, 2–3 minutes. Use a slotted spoon to remove the pancetta from the pan to a plate.3
- Add the shallots to the pan. Cook, stirring often, on medium high heat, in the fat rendered from the pancetta, until lightly browned. 4
- Add butter to the pan; add the drained green beans and pancetta. Season to taste with salt and pepper. Stir constantly until the beans are hot and are well mixed with the shallots and pancetta.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:2.75, Inflammation Score:-7, Nutrition Score:9.4339130598566%

Flavonoids

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: 121.44kcal (6.07%), Fat: 7.92g (12.18%), Saturated Fat: 3.23g (20.19%), Carbohydrates: 10.25g (3.42%), Net Carbohydrates: 6.76g (2.46%), Sugar: 4.68g (5.2%), Cholesterol: 14.73mg (4.91%), Sodium: 312.03mg (13.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.42%), Vitamin K: 49.2µg (46.86%), Vitamin C: 14.83mg (17.98%), Vitamin A: 851.21IU (17.02%), Manganese: 0.3mg (14.81%), Fiber: 3.49g (13.95%), Vitamin B6: 0.24mg (12.05%), Folate: 41.76µg (10.44%), Vitamin B1: 0.14mg (9.32%), Potassium: 311.05mg (8.89%), Magnesium: 32.9mg (8.23%), Vitamin B2: 0.13mg (7.82%), Iron: 1.39mg (7.71%), Phosphorus: 71.76mg (7.18%), Vitamin B3: 1.43mg (7.15%), Selenium: 3.71µg (5.3%), Calcium: 48.45mg (4.85%), Copper: 0.1mg (4.83%), Vitamin E: 0.59mg (3.93%), Vitamin B5: 0.37mg (3.74%), Zinc: 0.49mg (3.29%), Vitamin B12: 0.08µg (1.25%)