



WHATSheATE



Green beans with shallots, garlic & toasted almonds



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



128 kcal

SIDE DISH

Ingredients

- ☐ 300 g green beans
- ☐ 2 tbsp olive oil
- ☐ 2 small shallots very finely sliced
- ☐ 3 garlic clove thinly sliced
- ☐ 1 tablespoon optional: lemon
- ☐ 2 tbsp almonds flaked toasted

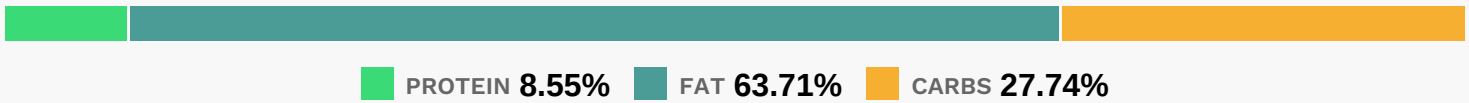
Equipment

☐ frying pan

Directions

- ☐ Cook green beans in boiling salted water until tender, then drain and cool under running water. Set aside.
- ☐ Put olive oil, shallots, garlic cloves and some salt in a frying pan, then cook gently for about 8 mins until soft but not brown. Tip in the beans and a grind of pepper, toss well, then warm through. Finish with a squeeze of lemon and toasted flaked almonds.

Nutrition Facts



Properties

Glycemic Index:35.38, Glycemic Load:2.3, Inflammation Score:-6, Nutrition Score:8.3013043351795%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 127.5kcal (6.38%), Fat: 9.69g (14.92%), Saturated Fat: 1.2g (7.49%), Carbohydrates: 9.5g (3.17%), Net Carbohydrates: 6.3g (2.29%), Sugar: 3.76g (4.18%), Cholesterol: 0mg (0%), Sodium: 6.65mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.86%), Vitamin K: 36.6µg (34.86%), Manganese: 0.35mg (17.57%), Vitamin E: 2.61mg (17.39%), Vitamin C: 12.81mg (15.53%), Fiber: 3.2g (12.8%), Vitamin A: 519.07IU (10.38%), Vitamin B6: 0.19mg (9.33%), Magnesium: 35.73mg (8.93%), Vitamin B2: 0.14mg (8.28%), Folate: 31.67µg (7.92%), Potassium: 250.84mg (7.17%), Iron: 1.21mg (6.71%), Phosphorus: 64.08mg (6.41%), Copper: 0.12mg (6.12%), Vitamin B1: 0.09mg (5.68%), Calcium: 50.93mg (5.09%), Vitamin B3: 0.78mg (3.88%), Zinc: 0.41mg (2.76%), Vitamin B5: 0.25mg (2.49%), Selenium: 1.14µg (1.63%)