



Green Beans with Toasted Walnuts and Breadcrumbs

READY IN



45 min.

SERVINGS



8

CALORIES



75 kcal

SIDE DISH

Ingredients

- ☐ 1 ounce bread baguette french
- ☐ 1 pound green beans trimmed
- ☐ 1 tablespoon olive oil extra-virgin divided
- ☐ 2 tablespoons parmigiano-reggiano cheese grated
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup shallots sliced
- ☐ 0.3 teaspoon sugar
- ☐ 2 tablespoons walnuts toasted chopped

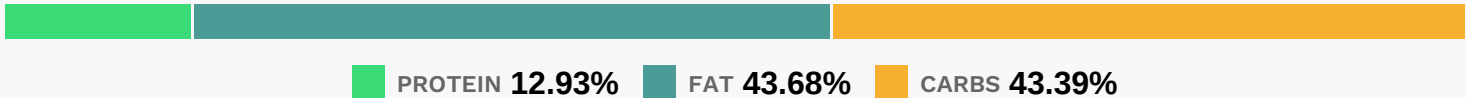
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 425
- ☐ Place shallots and beans on a jelly-roll pan coated with cooking spray.
- ☐ Drizzle bean mixture with 1 1/2 teaspoons oil, and sprinkle with salt and sugar; toss to coat.
- ☐ Bake at 425 for 20 minutes or until beans are crisp-tender.
- ☐ Transfer mixture to a serving bowl.
- ☐ Place bread in a food processor; pulse 10 times or until coarse crumbs measure 3/4 cup.
- ☐ Heat remaining 1 1/2 teaspoons oil in a small skillet over medium heat.
- ☐ Add breadcrumbs to hot oil; cook 5 minutes or until golden, stirring frequently.
- ☐ Remove from heat; stir in cheese, walnuts, and lemon rind, if desired.
- ☐ Add breadcrumb mixture to bean mixture; toss well.
- ☐ Place shallots and green beans on baking sheet
- ☐ Tear bread slice into small pieces
- ☐ Sprinkle green beans with salt and sugar
- ☐ Sprinkle breadcrumb mixture over green beans

Nutrition Facts



Properties

Glycemic Index:34.2, Glycemic Load:3.27, Inflammation Score:-5, Nutrition Score:5.9195652024254%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 75.06kcal (3.75%), Fat: 3.93g (6.04%), Saturated Fat: 0.65g (4.06%), Carbohydrates: 8.78g (2.93%), Net Carbohydrates: 6.53g (2.38%), Sugar: 3.38g (3.75%), Cholesterol: 0.85mg (0.28%), Sodium: 119.29mg (5.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.23%), Vitamin K: 25.67µg (24.44%), Manganese: 0.27mg (13.5%), Vitamin C: 8.13mg (9.86%), Fiber: 2.25g (9%), Vitamin A: 402.08IU (8.04%), Folate: 30.63µg (7.66%), Vitamin B6: 0.15mg (7.47%), Vitamin B1: 0.09mg (5.97%), Magnesium: 22.92mg (5.73%), Iron: 0.99mg (5.52%), Potassium: 185.38mg (5.3%), Phosphorus: 51.46mg (5.15%), Vitamin B2: 0.09mg (5%), Copper: 0.1mg (4.89%), Calcium: 45.61mg (4.56%), Vitamin E: 0.52mg (3.45%), Vitamin B3: 0.65mg (3.24%), Selenium: 1.94µg (2.77%), Zinc: 0.34mg (2.29%), Vitamin B5: 0.2mg (2.02%)