



Green beans with wholegrain mustard



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



79 kcal

SIDE DISH

Ingredients

- ☐ 500 g jicama french trimmed
- ☐ 25 g butter
- ☐ 1 shallots finely chopped
- ☐ 1 tbsp coarse mustard
- ☐ 3 tbsp crème fraîche
- ☐ 1 juice of lemon

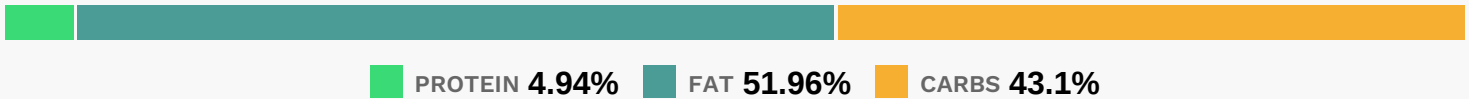
Equipment

- ☐ frying pan

Directions

- ☐ Bring a large pan of water to the boil, then drop in the green beans and cook for 4–5 mins until they are just cooked but still bright green and with a slight crunch.
- ☐ While the beans are cooking, heat the butter in a large shallow pan and soften the shallot.
- ☐ Add the mustard and crme frache, and bring to a simmer to combine.
- ☐ Add the drained beans and lemon juice, stir until evenly coated, then serve straight away.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:0.67, Inflammation Score:-3, Nutrition Score:3.7656521550987%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 79.05kcal (3.95%), Fat: 4.72g (7.26%), Saturated Fat: 2.77g (17.34%), Carbohydrates: 8.81g (2.94%), Net Carbohydrates: 4.47g (1.62%), Sugar: 2.2g (2.44%), Cholesterol: 12.5mg (4.17%), Sodium: 60.03mg (2.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.02%), Vitamin C: 19.17mg (23.23%), Fiber: 4.34g (17.36%), Potassium: 156.32mg (4.47%), Manganese: 0.07mg (3.69%), Vitamin E: 0.52mg (3.47%), Iron: 0.6mg (3.33%), Folate: 13.08µg (3.27%), Magnesium: 13.06mg (3.26%), Vitamin A: 161.25IU (3.22%), Vitamin B6: 0.06mg (2.8%), Phosphorus: 26.16mg (2.62%), Selenium: 1.75µg (2.5%), Copper: 0.05mg (2.37%), Vitamin B2: 0.04mg (2.29%), Calcium: 20.48mg (2.05%), Vitamin B1: 0.03mg (1.77%), Vitamin B5: 0.16mg (1.63%), Zinc: 0.19mg (1.28%)