



## Grilled Green Beans

 **Gluten Free**

READY IN



**35 min.**

SERVINGS



**4**

CALORIES



**144 kcal**

**SIDE DISH**

### Ingredients

- 1 pound green beans fresh trimmed
- 2 tablespoons butter
- 1 small shallots minced
- 1 garlic clove minced
- 0.5 cup parmesan cheese grated

### Equipment

- bowl
- frying pan

- pot
- grill
- aluminum foil

## Directions

- In a 6-qt. stockpot, bring 4 quarts water to a boil.
- Add beans; cook, uncovered, just until crisp-tender, 2-3 minutes.
- Remove beans and immediately drop into ice water.
- In a small skillet, melt butter over medium-high heat.
- Add shallot; cook and stir until lightly browned, 2-3 minutes.
- Add garlic; cook 30 seconds longer.
- Remove from heat.
- Drain beans and pat dry.
- In a large bowl, combine beans, shallot mixture and cheese; toss to coat.
- Transfer to a piece of heavy-duty foil (about 18 in. square) coated with cooking spray. Fold foil around beans, sealing tightly.
- Grill, covered, over medium heat or broil 4 in. from heat until cheese is melted, 7-9 minutes. Open foil carefully to allow steam to escape.

## Nutrition Facts



**PROTEIN 15.88%** **FAT 55.83%** **CARBS 28.29%**

## Properties

Glycemic Index:39, Glycemic Load:2.55, Inflammation Score:-7, Nutrition Score:10.283912965785%

## 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: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

## Nutrients (% of daily need)

Calories: 143.59kcal (7.18%), Fat: 9.44g (14.52%), Saturated Fat: 5.59g (34.96%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 7.48g (2.72%), Sugar: 4.21g (4.68%), Cholesterol: 25.92mg (8.64%), Sodium: 271.44mg (11.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.08%), Vitamin K: 49.53µg (47.17%), Vitamin A: 1065.82IU (21.32%), Vitamin C: 14.57mg (17.66%), Calcium: 157.81mg (15.78%), Manganese: 0.29mg (14.32%), Fiber: 3.28g (13.11%), Phosphorus: 128.92mg (12.89%), Folate: 40.53µg (10.13%), Vitamin B6: 0.2mg (10.05%), Vitamin B2: 0.17mg (9.74%), Magnesium: 34.36mg (8.59%), Potassium: 287.83mg (8.22%), Selenium: 5.31µg (7.58%), Iron: 1.31mg (7.3%), Vitamin B1: 0.1mg (6.8%), Zinc: 0.85mg (5.69%), Vitamin E: 0.69mg (4.63%), Copper: 0.09mg (4.55%), Vitamin B3: 0.86mg (4.31%), Vitamin B5: 0.33mg (3.26%), Vitamin B12: 0.18µg (3.01%)