



Haricots Verts Almondine

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



157 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds
- ☐ 1.5 pounds haricots verts french (string beans)
- ☐ 6 servings kosher salt
- ☐ 0.5 lemon zest juiced
- ☐ 1.5 tablespoons olive oil
- ☐ 6 servings freshly cracked pepper black
- ☐ 2 shallots minced
- ☐ 3 tablespoons butter unsalted

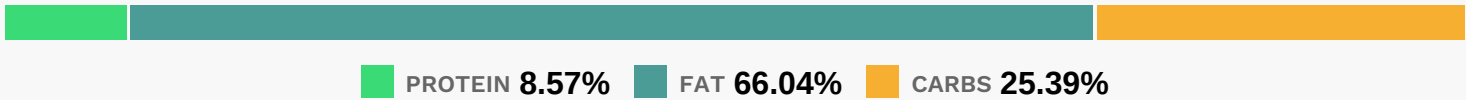
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to boil.
- ☐ Meanwhile, in a large saute pan, toast the almonds over medium-high heat until golden brown and fragrant, 3 to 5 minutes.
- ☐ Remove from the pan, finely chop and set aside.
- ☐ Blanch the string beans in salted boiling water until crisp but tender, 2 to 3 minutes. The salt will impart flavor as well as help keep the string beans crisp. Immediately drain and run cold water over the beans or plunge into an ice bath to cool and stop the cooking process, then remove and completely dry.
- ☐ Return the saute pan to the burner over medium heat and melt the butter with the olive oil.
- ☐ Add the shallots, sprinkle with salt and pepper and cook until starting to brown, stirring occasionally, 3 to 5 minutes. Toss the drained beans with the shallots and add the lemon zest and juice. Cook to heat the beans completely through, 1 to 2 minutes.
- ☐ Remove from the heat and season with additional salt and pepper if needed. Toss with the toasted chopped almonds and transfer to a serving dish.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:2.63, Inflammation Score:-7, Nutrition Score:10.716956678292%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg

0.15mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 157.27kcal (7.86%), Fat: 12.41g (19.1%), Saturated Fat: 4.36g (27.28%), Carbohydrates: 10.74g (3.58%), Net Carbohydrates: 6.59g (2.4%), Sugar: 4.64g (5.15%), Cholesterol: 15.05mg (5.02%), Sodium: 202.54mg (8.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.25%), Vitamin K: 51.59µg (49.13%), Manganese: 0.42mg (20.95%), Vitamin A: 958.57IU (19.17%), Vitamin C: 15.15mg (18.36%), Vitamin E: 2.66mg (17.75%), Fiber: 4.15g (16.61%), Magnesium: 46.58mg (11.64%), Vitamin B2: 0.19mg (11.21%), Folate: 43.17µg (10.79%), Vitamin B6: 0.2mg (9.91%), Potassium: 314.66mg (8.99%), Iron: 1.53mg (8.47%), Phosphorus: 78.65mg (7.86%), Copper: 0.15mg (7.5%), Vitamin B1: 0.11mg (7.4%), Calcium: 64.02mg (6.4%), Vitamin B3: 1.07mg (5.35%), Zinc: 0.5mg (3.34%), Vitamin B5: 0.32mg (3.18%), Selenium: 1.1µg (1.58%)