



Haricots Verts and Wild Mushrooms with Hazelnuts

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



92 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 2 teaspoons olive oil extravirgin
- 0.5 cup green onions sliced
- 1 pound haricots verts trimmed
- 6 teaspoons hazelnuts toasted finely chopped
- 1 pound cultivated mushrooms wild sliced
- 1 teaspoon olive oil

- 2 tablespoons red wine vinegar
- 0.3 teaspoon salt

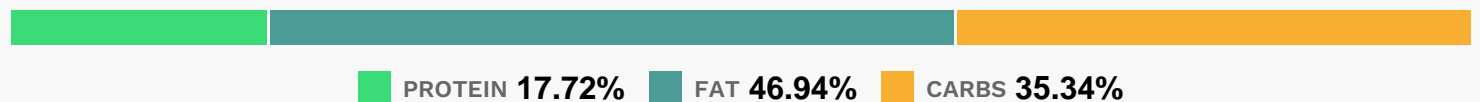
Equipment

- bowl
- frying pan

Directions

- Combine vinegar, 2 teaspoons oil, salt, and pepper in a small bowl.
- Cook beans in boiling water 2 minutes or until crisp-tender.
- Drain and plunge beans into ice water; drain.
- Heat 1 teaspoon olive oil in a large nonstick skillet over medium-high heat.
- Add mushrooms to pan; saut 7 minutes or until liquid evaporates.
- Add onions; saut 1 minute.
- Add beans; saut 3 minutes or until thoroughly heated.
- Remove from heat.
- Add vinegar mixture and hazelnuts to bean mixture, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:2.21, Inflammation Score:-6, Nutrition Score:12.891739088556%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 92.42kcal (4.62%), Fat: 5.44g (8.37%), Saturated Fat: 0.57g (3.59%), Carbohydrates: 9.21g (3.07%), Net Carbohydrates: 5.71g (2.07%), Sugar: 4.37g (4.86%), Cholesterol: 0mg (0%), Sodium: 106.99mg (4.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.24%), Vitamin K: 51.73µg (49.27%), Manganese: 0.52mg (26.22%), Vitamin B2: 0.39mg (23.23%), Copper: 0.39mg (19.27%), Vitamin B3: 3.42mg (17.08%), Vitamin C: 12.71mg (15.41%), Fiber: 3.5g (14.01%), Vitamin B5: 1.35mg (13.54%), Potassium: 458.98mg (13.11%), Folate: 48.71µg (12.18%), Vitamin A: 605.93IU (12.12%), Phosphorus: 111.59mg (11.16%), Selenium: 7.65µg (10.94%), Vitamin B6: 0.22mg (10.91%), Vitamin B1: 0.16mg (10.64%), Vitamin E: 1.39mg (9.27%), Magnesium: 35.68mg (8.92%), Iron: 1.55mg (8.61%), Zinc: 0.73mg (4.87%), Calcium: 42.42mg (4.24%), Vitamin D: 0.15µg (1.01%)