



## Haricots Verts with Champagne-Shallot Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



78 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.3 cup champagne vinegar
- 2 tablespoons dijon mustard
- 2.5 tablespoons olive oil extravirgin
- 3 pounds haricots verts trimmed
- 2 tablespoons honey
- 1.5 teaspoons salt divided

- 0.3 cup shallots finely chopped
- 1 gallon water

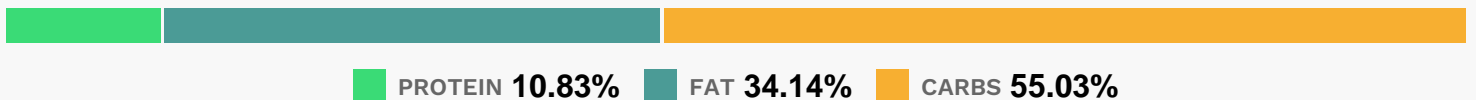
## Equipment

- bowl
- frying pan
- whisk
- dutch oven

## Directions

- Bring 1 gallon water and 1 teaspoon salt to a boil in a Dutch oven.
- Add beans to pan; cook 3 minutes or until crisp-tender.
- Drain and plunge beans into ice water; drain.
- Combine remaining 1/2 teaspoon salt, vinegar, and next 4 ingredients (through pepper) in a large bowl, stirring well with a whisk.
- Slowly drizzle oil into vinegar mixture; stir well with a whisk.
- Add beans to vinegar mixture; toss to coat.

## Nutrition Facts



## Properties

Glycemic Index:16.02, Glycemic Load:3.95, Inflammation Score:-6, Nutrition Score:8.7152174141096%

## 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: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

## Nutrients (% of daily need)

Calories: 77.81kcal (3.89%), Fat: 3.26g (5.01%), Saturated Fat: 0.47g (2.92%), Carbohydrates: 11.82g (3.94%), Net Carbohydrates: 8.46g (3.08%), Sugar: 6.99g (7.77%), Cholesterol: 0mg (0%), Sodium: 341.97mg (14.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.65%), Vitamin K: 50.73µg (48.31%), Vitamin C: 14.28mg (17.31%),

Vitamin A: 784.87IU (15.7%), Manganese: 0.29mg (14.31%), Fiber: 3.36g (13.42%), Folate: 39.36µg (9.84%), Vitamin B6: 0.18mg (8.99%), Magnesium: 34.16mg (8.54%), Potassium: 264.44mg (7.56%), Iron: 1.33mg (7.39%), Vitamin B2: 0.12mg (7.18%), Copper: 0.14mg (6.9%), Vitamin B1: 0.1mg (6.72%), Vitamin E: 0.9mg (5.98%), Calcium: 55.91mg (5.59%), Phosphorus: 49.42mg (4.94%), Vitamin B3: 0.86mg (4.31%), Vitamin B5: 0.28mg (2.8%), Zinc: 0.35mg (2.34%), Selenium: 1.62µg (2.32%)