



Haricots Verts with Herb Butter



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



91 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 6 servings fleur de sel for serving
- ☐ 1 tablespoon optional: dill fresh minced
- ☐ 1 tablespoon flat parsley fresh minced
- ☐ 6 servings kosher salt
- ☐ 1 tablespoon scallion white green minced
- ☐ 1 pound string beans french
- ☐ 4 tablespoons butter unsalted at room temperature

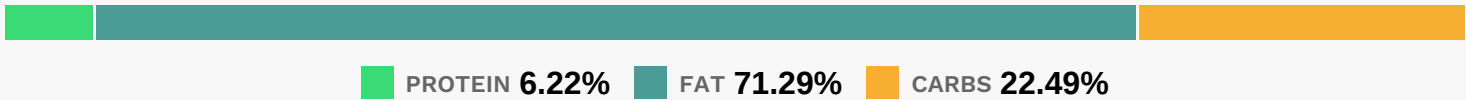
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil and add 1 tablespoon salt.
- ☐ Add the string beans and cook for 2 minutes.
- ☐ Drain and then place the string beans in a serving dish.
- ☐ For the herb butter, placed the scallion, dill, parsley, butter, 1 teaspoon salt and the pepper in a small bowl and combine.
- ☐ Scoop a generous tablespoon of the herb butter and place it on top of the string beans.
- ☐ Sprinkle with sea salt and serve.
- ☐ Use any extra herb butter for serving on a steak or in a sandwich.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:1.53, Inflammation Score:-6, Nutrition Score:6.453043491944%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 91.36kcal (4.57%), Fat: 7.75g (11.92%), Saturated Fat: 4.84g (30.22%), Carbohydrates: 5.5g (1.83%), Net Carbohydrates: 3.37g (1.23%), Sugar: 2.5g (2.78%), Cholesterol: 20.07mg (6.69%), Sodium: 393.75mg (17.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.04%), Vitamin K: 46.44µg (44.23%), Vitamin A: 827.06IU (16.54%), Vitamin C: 10.35mg (12.55%), Manganese: 0.19mg (9.47%), Fiber: 2.13g (8.53%), Folate: 27.01µg (6.75%), Vitamin B6: 0.11mg (5.43%), Magnesium: 19.95mg (4.99%), Vitamin B2: 0.08mg (4.93%), Potassium: 170.99mg

(4.89%), Iron: 0.86mg (4.78%), Vitamin B1: 0.06mg (4.25%), Vitamin E: 0.54mg (3.59%), Calcium: 32.97mg (3.3%), Phosphorus: 32.03mg (3.2%), Copper: 0.06mg (2.9%), Vitamin B3: 0.58mg (2.88%), Vitamin B5: 0.19mg (1.86%), Zinc: 0.2mg (1.36%)