



HEALTH SCORE

59%

Haricots Verts with Hot Pepper Relish



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



8

CALORIES



80 kcal

SIDE DISH

Ingredients



2 tablespoons apple cider vinegar



3 garlic clove minced



1.5 lb haricots verts trimmed thin



2 tablespoons olive oil



3 bell pepper red finely chopped



1 serrano chiles fresh seeded finely chopped



0.3 cup shallots finely chopped



0.5 teaspoon sugar

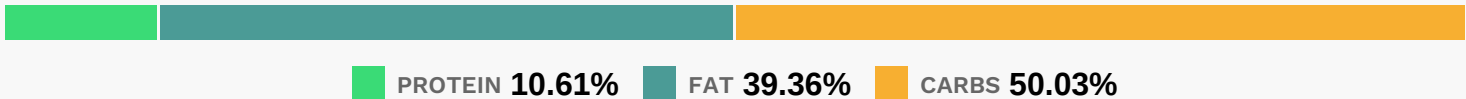
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ ziploc bags
- ☐ colander

Directions

- ☐ Cook beans in a large saucepan of boiling salted water until crisp-tender, 2 to 3 minutes.
- ☐ Drain in a colander and transfer to a bowl of ice and cold water to stop cooking.
- ☐ Drain beans well and season with salt and pepper.
- ☐ Heat oil in a heavy skillet over moderate heat until hot but not smoking, then cook shallots, stirring, until just softened.
- ☐ Add garlic and cook, stirring, 1 minute.
- ☐ Add bell peppers and chile and sauté over moderately high heat, stirring occasionally, until peppers are softened, about 3 minutes.
- ☐ Add vinegar and sugar and cook, stirring, until liquid is evaporated, about 2 minutes. Cool relish and season with salt and pepper.
- ☐ Serve beans topped with relish.
- ☐ • Beans may be cooked 1 day ahead and chilled, wrapped in paper towels in a sealable plastic bag. • Relish may be made 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:31.01, Glycemic Load:2.93, Inflammation Score:-9, Nutrition Score:12.781739048336%

Flavonoids

Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 79.67kcal (3.98%), Fat: 3.84g (5.91%), Saturated Fat: 0.56g (3.47%), Carbohydrates: 10.98g (3.66%), Net Carbohydrates: 7.38g (2.68%), Sugar: 5.73g (6.36%), Cholesterol: 0mg (0%), Sodium: 8.6mg (0.37%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.33g (4.66%), Vitamin C: 68.97mg (83.6%), Vitamin A: 1991.57IU (39.83%), Vitamin K: 41.05µg (39.1%), Vitamin B6: 0.3mg (15.08%), Manganese: 0.29mg (14.6%), Fiber: 3.6g (14.4%), Folate: 52.15µg (13.04%), Vitamin E: 1.57mg (10.45%), Potassium: 316.11mg (9.03%), Vitamin B2: 0.13mg (7.66%), Magnesium: 29.32mg (7.33%), Iron: 1.24mg (6.88%), Vitamin B1: 0.1mg (6.83%), Vitamin B3: 1.1mg (5.5%), Phosphorus: 52.16mg (5.22%), Calcium: 40.66mg (4.07%), Copper: 0.08mg (3.98%), Vitamin B5: 0.37mg (3.7%), Zinc: 0.37mg (2.48%), Selenium: 0.84µg (1.2%)