



Haricots Verts with Pancetta

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



120 kcal

SIDE DISH

Ingredients

- ☐ 2 cloves garlic thinly sliced
- ☐ 1.3 pounds green beans trimmed
- ☐ 6 servings kosher salt
- ☐ 6 servings lemon wedges for serving
- ☐ 4 ounces pancetta diced
- ☐ 0.3 cup panko breadcrumbs
- ☐ 6 servings pepper freshly ground

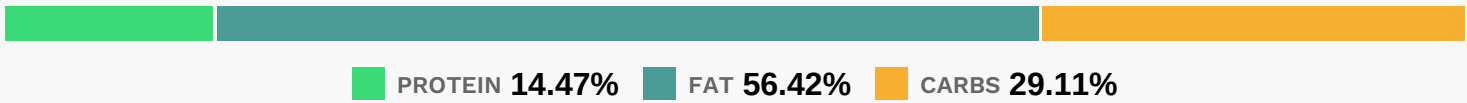
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the haricots verts and cook until crisp-tender, about 4 minutes.
- ☐ Drain, then plunge into an ice bath to stop the cooking.
- ☐ Drain again, then transfer to paper towels and pat dry.
- ☐ Cook the pancetta in a large skillet over medium heat, stirring occasionally, until crisp, about 8 minutes.
- ☐ Remove to paper towels using a slotted spoon.
- ☐ Add the garlic to the drippings in the skillet and cook, stirring, until golden, about 1 minute.
- ☐ Add the panko and cook, stirring, until toasted, about 1 minute.
- ☐ Add the haricots verts to the skillet and cook, stirring, until evenly coated, about 2 minutes. Stir in the pancetta and season with salt and pepper.
- ☐ Serve with lemon wedges.
- ☐ Photo by Con Poulos

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:1.98, Inflammation Score:-6, Nutrition Score:8.3104347042415%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg

0.14mg, Myricetin: 0.14mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 120.01kcal (6%), Fat: 7.85g (12.08%), Saturated Fat: 2.59g (16.21%), Carbohydrates: 9.12g (3.04%), Net Carbohydrates: 6.38g (2.32%), Sugar: 3.27g (3.63%), Cholesterol: 12.47mg (4.16%), Sodium: 343.09mg (14.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.07%), Vitamin K: 40.98µg (39.03%), Vitamin C: 12.37mg (14.99%), Vitamin A: 659.89IU (13.2%), Manganese: 0.26mg (12.97%), Fiber: 2.74g (10.95%), Vitamin B1: 0.16mg (10.42%), Vitamin B6: 0.2mg (10%), Folate: 34.02µg (8.5%), Vitamin B3: 1.63mg (8.14%), Vitamin B2: 0.13mg (7.36%), Selenium: 5.15µg (7.35%), Potassium: 248.47mg (7.1%), Phosphorus: 69.1mg (6.91%), Magnesium: 27.47mg (6.87%), Iron: 1.21mg (6.7%), Calcium: 43.12mg (4.31%), Copper: 0.08mg (4.22%), Vitamin B5: 0.34mg (3.41%), Zinc: 0.5mg (3.33%), Vitamin E: 0.47mg (3.16%), Vitamin B12: 0.1µg (1.72%)