



Haricots Verts with Shallots and Pancetta

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



73 kcal

SIDE DISH

Ingredients

- 1 tablespoon balsamic vinegar
- 0.3 cup fat-skimmed beef broth fat-free
- 1 pound haricots verts trimmed
- 0.1 teaspoon kosher salt
- 2 ounces pancetta minced
- 0.3 cup shallots thinly sliced

Equipment

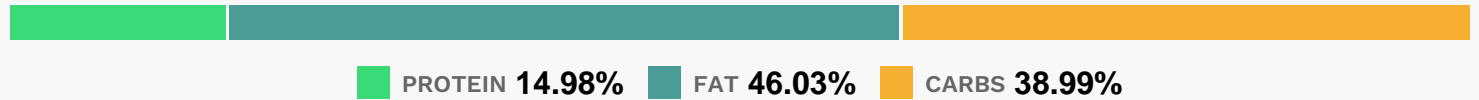
- frying pan

dutch oven

Directions

- Heat a Dutch oven over medium–high heat. Coat pan with cooking spray.
- Add pancetta and shallots to pan; saut 5 minutes or until pancetta is crisp and shallots are tender and lightly browned.
- Add broth and vinegar to pan, scraping pan to loosen browned bits.
- Add beans to pan, tossing to coat. Cover and cook 7 minutes or until beans are crisp–tender.
- Remove from heat; stir in salt.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:2.11, Inflammation Score:-5, Nutrition Score:6.3647826806359%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 72.66kcal (3.63%), Fat: 3.94g (6.07%), Saturated Fat: 1.3g (8.1%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 5.16g (1.88%), Sugar: 3.65g (4.06%), Cholesterol: 6.24mg (2.08%), Sodium: 156.02mg (6.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.77%), Vitamin K: 32.59µg (31.03%), Vitamin C: 10.01mg (12.14%), Vitamin A: 525.52IU (10.51%), Manganese: 0.2mg (9.89%), Fiber: 2.36g (9.43%), Vitamin B6: 0.17mg (8.35%), Folate: 28.39µg (7.1%), Vitamin B1: 0.09mg (6.31%), Potassium: 216.98mg (6.2%), Magnesium: 22.52mg (5.63%), Iron: 0.97mg (5.38%), Vitamin B2: 0.09mg (5.31%), Vitamin B3: 1.01mg (5.04%), Phosphorus: 49.8mg (4.98%), Selenium: 2.68µg (3.83%), Copper: 0.07mg (3.37%), Calcium: 33.22mg (3.32%), Vitamin B5: 0.26mg (2.62%), Vitamin E: 0.35mg (2.36%), Zinc: 0.34mg (2.24%), Vitamin B12: 0.07µg (1.1%)