



Haricots Verts with Warm Bacon Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



134 kcal

SIDE DISH

Ingredients

- ☐ 3 slices bacon chopped
- ☐ 2 teaspoons champagne vinegar
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 2 pounds haricots verts trimmed
- ☐ 1 teaspoon kosher salt
- ☐ 0.8 cup shallots thinly sliced (2 medium)
- ☐ 1.5 tablespoons walnut oil toasted
- ☐ 3 tablespoons walnuts toasted chopped

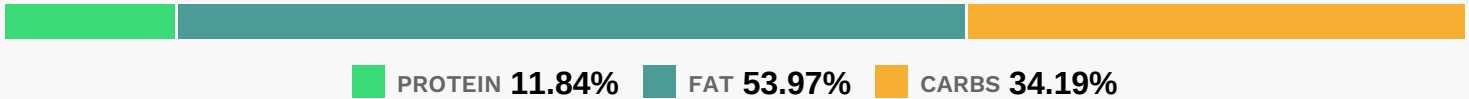
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Cook beans in boiling water for 7 minutes or until crisp-tender.
- ☐ Drain and plunge beans into ice water; drain.
- ☐ Cook bacon in a large nonstick skillet over medium heat until crisp; remove with a slotted spoon.
- ☐ Add shallots to drippings in pan; cook 5 minutes or until tender.
- ☐ Combine shallots and bacon in a large bowl.
- ☐ Add beans to pan; cook 3 minutes or until thoroughly heated.
- ☐ Add beans, oil, vinegar, and salt to bacon mixture; toss to combine.
- ☐ Sprinkle with walnuts and parsley.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:3.19, Inflammation Score:-7, Nutrition Score:10.723478303007%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 133.67kcal (6.68%), Fat: 8.62g (13.26%), Saturated Fat: 1.63g (10.17%), Carbohydrates: 12.28g (4.09%), Net Carbohydrates: 8.25g (3%), Sugar: 5.54g (6.16%), Cholesterol: 5.45mg (1.82%), Sodium: 355.22mg (15.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.51%), Vitamin K: 57.63µg (54.89%), Manganese:

0.44mg (22.04%), Vitamin C: 16.33mg (19.79%), Vitamin A: 829.26IU (16.59%), Fiber: 4.04g (16.16%), Vitamin B6: 0.28mg (13.95%), Folate: 49.4µg (12.35%), Magnesium: 40.23mg (10.06%), Potassium: 349.54mg (9.99%), Vitamin B1: 0.14mg (9.49%), Iron: 1.62mg (8.98%), Phosphorus: 81.64mg (8.16%), Copper: 0.16mg (8.1%), Vitamin B2: 0.14mg (7.95%), Vitamin B3: 1.26mg (6.29%), Calcium: 55.2mg (5.52%), Selenium: 2.79µg (3.99%), Vitamin B5: 0.39mg (3.89%), Zinc: 0.58mg (3.87%), Vitamin E: 0.55mg (3.67%)