



Haricots Verts with Warm Shallot Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



74 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black
- 1.5 pounds haricots verts
- 1 tablespoon olive oil
- 0.5 cup red wine vinegar
- 0.3 teaspoon salt
- 0.5 cup shallots chopped (2 large)

Equipment

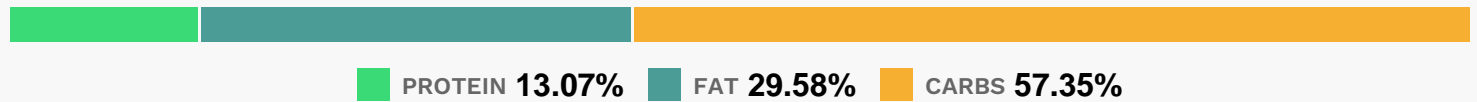
- frying pan

sauce pan

Directions

- Place haricots verts into a large saucepan of boiling water; cook 3 minutes or until crisp-tender.
- Drain and plunge beans into ice water; drain.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add shallots; saut 4 minutes or until golden. Stir in vinegar; cook 5 minutes or until mixture thickens slightly.
- Add haricots verts, pepper, and salt to pan; saut 2 minutes or until beans are heated through.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:3.05, Inflammation Score:-7, Nutrition Score:9.0960868804351%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 74.18kcal (3.71%), Fat: 2.61g (4.01%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 11.38g (3.79%), Net Carbohydrates: 7.64g (2.78%), Sugar: 5.25g (5.83%), Cholesterol: 0mg (0%), Sodium: 107.74mg (4.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.19%), Vitamin K: 50.6µg (48.19%), Vitamin C: 15.51mg (18.8%), Manganese: 0.33mg (16.66%), Vitamin A: 784.15IU (15.68%), Fiber: 3.73g (14.94%), Vitamin B6: 0.23mg (11.42%), Folate: 44.15µg (11.04%), Potassium: 315.15mg (9%), Iron: 1.52mg (8.47%), Magnesium: 33.57mg (8.39%), Vitamin B2: 0.12mg (7.19%), Vitamin B1: 0.1mg (7%), Phosphorus: 56.78mg (5.68%), Vitamin E: 0.81mg (5.4%), Calcium: 51.27mg (5.13%), Copper: 0.1mg (4.99%), Vitamin B3: 0.87mg (4.37%), Vitamin B5: 0.31mg (3.15%), Zinc: 0.36mg (2.39%), Selenium: 0.93µg (1.32%)