



Holiday Green Beans

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



47 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2.5 tablespoons dijon mustard
- ☐ 0.3 teaspoon tarragon dried
- ☐ 1.5 pounds green beans trimmed
- ☐ 2 tablespoons cup heavy whipping cream sour low-fat
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup shallots thinly sliced
- ☐ 2 teaspoons stick margarine

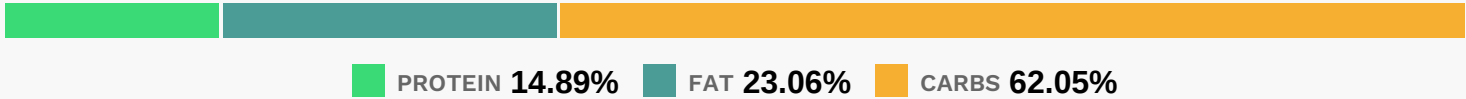
Equipment

☐ dutch oven

Directions

- ☐ Combine first 4 ingredients; set aside.
- ☐ Steam green beans, covered, 5 minutes or until tender. Keep warm. Melt butter in a Dutch oven over medium heat.
- ☐ Add shallots; saut 3 minutes. Stir in mustard mixture and green beans; toss well. Cook for 2 minutes or until thoroughly heated. Stir in sour cream, and remove from heat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:2.09, Inflammation Score:-5, Nutrition Score:6.0039129709906%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 46.78kcal (2.34%), Fat: 1.35g (2.07%), Saturated Fat: 0.37g (2.32%), Carbohydrates: 8.16g (2.72%), Net Carbohydrates: 5.58g (2.03%), Sugar: 3.67g (4.08%), Cholesterol: 0.84mg (0.28%), Sodium: 116.93mg (5.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Vitamin K: 29.55µg (28.14%), Vitamin C: 9.78mg (11.86%), Manganese: 0.22mg (11.25%), Vitamin A: 518.35IU (10.37%), Fiber: 2.58g (10.33%), Vitamin B6: 0.16mg (8.08%), Folate: 29.17µg (7.29%), Potassium: 216.14mg (6.18%), Magnesium: 23.07mg (5.77%), Iron: 1mg (5.54%), Vitamin B1: 0.07mg (4.98%), Vitamin B2: 0.08mg (4.75%), Phosphorus: 42.72mg (4.27%), Calcium: 38.61mg (3.86%), Copper: 0.07mg (3.34%), Selenium: 1.98µg (2.82%), Vitamin B3: 0.56mg (2.81%), Vitamin E: 0.34mg (2.25%), Vitamin B5: 0.22mg (2.17%), Zinc: 0.27mg (1.82%)