



## Honey Balsamic Green Beans



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



52 kcal

SIDE DISH

### Ingredients

- 1 tablespoon balsamic vinegar
- 1 clove garlic minced
- 16 ounces green beans
- 1 teaspoon honey
- 1 tablespoon olive oil
- 1 teaspoon onion powder
- 6 servings salt and freshly cracked pepper black

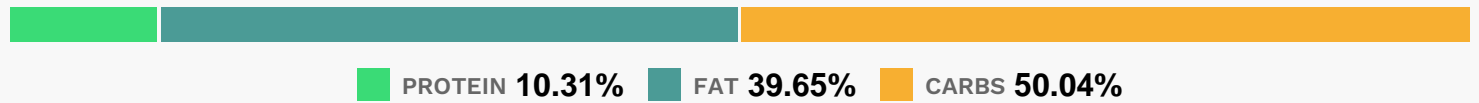
### Equipment

- bowl
- sauce pan
- pot

## Directions

- Bring a large pot of water to a boil over medium heat.
- Add the beans and blanch them for 2 minutes. Immediately remove the beans from the water and add them to an ice bath to stop the cooking process.
- Drain.
- In a large saucepan, heat the olive oil over medium heat.
- Add the garlic and green beans. Cover, and cook for 10 minutes, stirring occasionally. Uncover, then stir in the vinegar, honey, onion powder, and salt and pepper, to taste. Cook to desired degree of doneness, about 4 to 6 minutes.
- Transfer the beans to a serving bowl and serve.

## Nutrition Facts



## Properties

Glycemic Index:29.71, Glycemic Load:2.26, Inflammation Score:-5, Nutrition Score:5.535217406957%

## 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: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

## Nutrients (% of daily need)

Calories: 51.84kcal (2.59%), Fat: 2.51g (3.85%), Saturated Fat: 0.36g (2.26%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 5.01g (1.82%), Sugar: 3.85g (4.28%), Cholesterol: 0mg (0%), Sodium: 199.36mg (8.67%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.47g (2.93%), Vitamin K: 33.93µg (32.32%), Vitamin C: 9.46mg (11.47%), Vitamin A: 521.68IU (10.43%), Manganese: 0.18mg (9.05%), Fiber: 2.1g (8.42%), Folate: 25.2µg (6.3%), Vitamin B6: 0.12mg (5.77%), Magnesium: 19.75mg (4.94%), Potassium: 168.46mg (4.81%), Vitamin B2: 0.08mg (4.7%), Iron: 0.84mg (4.66%), Vitamin E: 0.65mg (4.32%), Vitamin B1: 0.06mg (4.3%), Calcium: 31.09mg (3.11%), Phosphorus: 31.12mg (3.11%), Copper: 0.06mg (2.84%), Vitamin B3: 0.56mg (2.8%), Vitamin B5: 0.18mg (1.76%), Zinc: 0.21mg (1.37%)