



Maple-Mustard Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



62 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 2 tablespoons dijon mustard coarse-grain
- ☐ 2 pounds green beans ends trimmed
- ☐ 2 tablespoons green onion chopped (including green top)
- ☐ 8 servings salt and fresh-ground pepper
- ☐ 1.5 tablespoons maple syrup
- ☐ 2 teaspoons olive oil extra-virgin

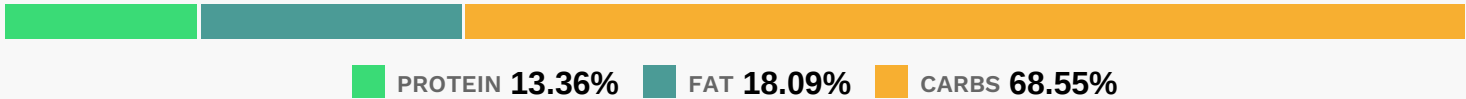
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 4- to 5-quart pan, bring 2 quarts water to a boil over high heat.
- ☐ Add beans and cook, uncovered, until tender-crisp, 5 to 8 minutes; drain and pour into a bowl.
- ☐ Meanwhile, mix mustard with vinegar, maple syrup, and oil.
- ☐ Pour over hot beans and mix to coat well; sprinkle with onion. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:24.56, Glycemic Load:3.7, Inflammation Score:-6, Nutrition Score:8.7813042765078%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 62.17kcal (3.11%), Fat: 1.38g (2.12%), Saturated Fat: 0.2g (1.28%), Carbohydrates: 11.76g (3.92%), Net Carbohydrates: 8.5g (3.09%), Sugar: 6.93g (7.7%), Cholesterol: 0mg (0%), Sodium: 243.82mg (10.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Vitamin K: 52.52µg (50.02%), Manganese: 0.36mg (17.88%), Vitamin C: 14.13mg (17.13%), Vitamin A: 800.06IU (16%), Fiber: 3.26g (13.05%), Vitamin B2: 0.17mg (9.95%), Folate: 38.64µg (9.66%), Vitamin B6: 0.16mg (8.17%), Magnesium: 31.96mg (7.99%), Potassium: 264.24mg (7.55%), Iron: 1.3mg (7.25%), Vitamin B1: 0.1mg (6.89%), Calcium: 51.24mg (5.12%), Phosphorus: 48.84mg (4.88%), Vitamin B3: 0.86mg (4.32%), Vitamin E: 0.63mg (4.2%), Copper: 0.08mg (4.2%), Selenium: 1.96µg (2.81%), Vitamin B5: 0.27mg (2.68%), Zinc: 0.33mg (2.22%)