



Roasted Green Beans with Onions and Walnuts



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



147 kcal

SIDE DISH

Ingredients

- ☐ 1 lb green beans
- ☐ 0.5 medium onion red yellow cut into 1/ wedges
- ☐ 1 Tbsp olive oil extra virgin
- ☐ 4 servings salt and pepper
- ☐ 1 Tbsp balsamic vinegar
- ☐ 1 teaspoon honey
- ☐ 1 teaspoon thyme leaves fresh minced

- ☐ 2 medium thin- garlic cloves
- ☐ 0.3 cup walnuts toasted chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Place rack in middle position, preheat oven to 450°F. Line a sheet pan with aluminum foil or Silpat.
- ☐ Spread the beans and onions on the baking sheet.
- ☐ Drizzle the beans with olive oil and use your hands to coat the beans evenly.
- ☐ Sprinkle the beans with 1/2 teaspoon of salt, toss to coat, and distribute in an even layer.
- ☐ Roast at 450°F for 10 minutes.
- ☐ Make balsamic honey garlic mixture: While roasting the beans, combine the balsamic vinegar, honey, thyme, and garlic slices in a small bowl.
- ☐ Brush beans with balsamic honey mixture, return to oven: After the beans and onions have roasted for 10 minutes, remove from oven.
- ☐ Drizzle the balsamic honey mixture over the beans and onions; use tongs to coat evenly.
- ☐ Put back in the oven and continue to roast until onions and beans are dark golden brown in spots and beans have started to shrivel, about 12–15 minutes longer.
- ☐ Season to taste with salt and pepper.
- ☐ Transfer to serving dish, sprinkle with toasted chopped walnuts, and serve.

Nutrition Facts



 **PROTEIN 9.66%**  **FAT 57.12%**  **CARBS 33.22%**

Properties

Glycemic Index:67.57, Glycemic Load:3.9, Inflammation Score:-8, Nutrition Score:11.014782636062%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg

Nutrients (% of daily need)

Calories: 146.94kcal (7.35%), Fat: 10.14g (15.59%), Saturated Fat: 1.15g (7.17%), Carbohydrates: 13.27g (4.42%), Net Carbohydrates: 9.21g (3.35%), Sugar: 6.58g (7.32%), Cholesterol: 0mg (0%), Sodium: 202.7mg (8.81%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.86g (7.71%), Vitamin K: 51.21µg (48.77%), Manganese: 0.64mg (31.82%), Vitamin C: 16.26mg (19.7%), Fiber: 4.05g (16.21%), Vitamin A: 808.56IU (16.17%), Vitamin B6: 0.25mg (12.48%), Folate: 49.89µg (12.47%), Copper: 0.25mg (12.39%), Magnesium: 46.82mg (11.71%), Iron: 1.65mg (9.17%), Vitamin B1: 0.14mg (9.05%), Potassium: 316.87mg (9.05%), Phosphorus: 84.47mg (8.45%), Vitamin B2: 0.14mg (8.29%), Vitamin E: 1.04mg (6.94%), Calcium: 60.75mg (6.08%), Vitamin B3: 0.98mg (4.9%), Zinc: 0.63mg (4.21%), Vitamin B5: 0.34mg (3.4%), Selenium: 1.45µg (2.08%)