



## Roasted Green Beans with Shallots and Hazelnuts

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



130 kcal

SIDE DISH

### Ingredients

- 2 tablespoons parsley leaves fresh chopped
- 1 pound green beans trimmed
- 0.3 cup hazelnuts toasted coarsely chopped
- 1 tablespoon lemon zest finely chopped
- 3 tablespoons olive oil
- 6 servings salt and pepper black freshly ground
- 4 shallots thinly sliced

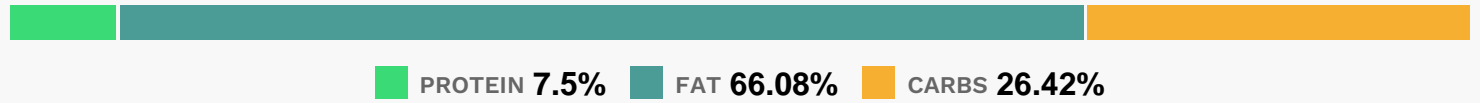
## Equipment

- bowl
- oven
- baking pan

## Directions

- Watch how to make this recipe.
- Preheat oven to 425 degrees F.
- Toss the green beans in a large baking dish with the oil and shallots and season with salt and pepper. Roast until just cooked through and golden brown, about 15 to 18 minutes.
- Combine the hazelnuts, zest, and parsley in a small bowl.
- Transfer green beans to a platter and sprinkle with the hazelnut mixture.

## Nutrition Facts



## Properties

Glycemic Index:25.83, Glycemic Load:2.24, Inflammation Score:-6, Nutrition Score:9.6591303296711%

## Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

## Nutrients (% of daily need)

Calories: 129.92kcal (6.5%), Fat: 10.24g (15.75%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 9.21g (3.07%), Net Carbohydrates: 5.98g (2.17%), Sugar: 4.05g (4.5%), Cholesterol: 0mg (0%), Sodium: 7.5mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.23%), Vitamin K: 59.6µg (56.76%), Manganese: 0.54mg (26.78%),

Vitamin C: 13.93mg (16.89%), Vitamin E: 2.09mg (13.92%), Fiber: 3.23g (12.94%), Vitamin A: 636.66IU (12.73%), Vitamin B6: 0.2mg (9.77%), Folate: 38.44µg (9.61%), Magnesium: 31.54mg (7.88%), Copper: 0.16mg (7.85%), Iron: 1.35mg (7.52%), Potassium: 259.57mg (7.42%), Vitamin B1: 0.11mg (7.07%), Phosphorus: 54.28mg (5.43%), Vitamin B2: 0.09mg (5.29%), Calcium: 43.53mg (4.35%), Vitamin B3: 0.7mg (3.5%), Vitamin B5: 0.27mg (2.74%), Zinc: 0.39mg (2.59%), Selenium: 0.79µg (1.12%)