



Runner beans with shallot butter



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



85 kcal

SIDE DISH

Ingredients

- ☐ 500 g romano beans english
- ☐ 25 g butter
- ☐ 1 tbsp olive oil
- ☐ 2 large shallots (the long type shaped like a banana)
- ☐ 1 tsp golden caster sugar
- ☐ 1 tbsp citrus champagne vinegar

Equipment

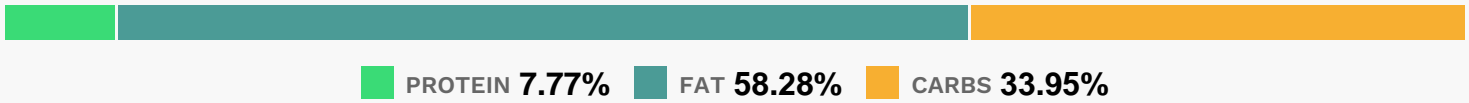
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Top, tail and remove the strings from the runner beans, then cut them diagonally into elongated diamond shapes.
- ☐ Melt the butter with the oil in a mediumsized frying pan over a low to medium heat. Tip in the shallots and fry them gently for about 8 minutes, or until soft and very slightly coloured. Stir occasionally.
- ☐ Meanwhile, bring a saucepan of salted water to the boil and cook the beans for 3– 4 minutes until just tender.
- ☐ Drain well.
- ☐ Turn up the heat under the frying pan and add the sugar and vinegar to the shallots. Stir well and then leave to bubble for 1 minute. Toss the beans and the buttery shallots together, either in the frying pan or saucepan, depending on size.
- ☐ Serve in a warmed dish.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:1.98, Inflammation Score:-6, Nutrition Score:6.4726087292251%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 84.83kcal (4.24%), Fat: 5.9g (9.08%), Saturated Fat: 2.51g (15.67%), Carbohydrates: 7.74g (2.58%), Net Carbohydrates: 5.22g (1.9%), Sugar: 3.89g (4.32%), Cholesterol: 8.96mg (2.99%), Sodium: 33.19mg (1.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.54%), Vitamin K: 37.6µg (35.81%), Vitamin A: 679.46IU (13.59%), Vitamin C: 10.85mg (13.15%), Manganese: 0.21mg (10.29%), Fiber: 2.52g (10.07%), Folate: 30.46µg (7.62%), Vitamin B6: 0.15mg (7.33%), Potassium: 206.37mg (5.9%), Magnesium: 22.81mg (5.7%), Iron: 0.99mg (5.48%), Vitamin B2: 0.09mg (5.28%), Vitamin E: 0.78mg (5.18%), Vitamin B1: 0.07mg (4.9%), Phosphorus: 37.89mg (3.79%), Calcium: 35.53mg (3.55%), Copper: 0.07mg (3.27%), Vitamin B3: 0.63mg (3.15%), Vitamin B5: 0.22mg (2.17%), Zinc: 0.24mg

(1.59%)