



Sauteed Green Beans with Tomatoes and Basil served with Parmesan Crisps

 Vegetarian  Gluten Free

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 tablespoons basil fresh thinly sliced
- ☐ 1.5 pounds green beans fresh trimmed
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup parmesan grated

- ☐ 6 servings salt and pepper black freshly ground
- ☐ 3 large shallots thinly sliced
- ☐ 2 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Cook the green beans in a large pot of boiling water until just crisp-tender, about 3 minutes.
- ☐ Drain and rinse in cold water.
- ☐ Drain well; set aside.
- ☐ Melt the butter and oil in a heavy, large skillet over medium heat.
- ☐ Add the shallots and garlic and saute until tender, about 2 minutes.
- ☐ Add the tomatoes and cook until heated through, about 3 minutes.
- ☐ Add the beans and cook until the juices evaporate and the beans are almost tender, stirring often, about 10 minutes. Stir in the wine and basil. Simmer 2 minutes longer. Season with salt and pepper, to taste.
- ☐ Transfer to a serving bowl, and serve.
- ☐ Preheat oven to 400 degrees F.
- ☐ Pour a heaping tablespoon of Parmesan onto a silicone or parchment lined baking sheet and lightly pat down. A silicone baking sheet is highly recommended. Repeat with the remaining cheese, spacing the spoonfuls about a 1/2-inch apart.
- ☐ Bake for 3 to 5 minutes or until golden and crisp. Cool.

Nutrition Facts



 PROTEIN **15.7%**  FAT **46.55%**  CARBS **37.75%**

Properties

Glycemic Index:48, Glycemic Load:4.36, Inflammation Score:-8, Nutrition Score:13.823478263357%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 162.92kcal (8.15%), Fat: 8.74g (13.44%), Saturated Fat: 4.18g (26.1%), Carbohydrates: 15.94g (5.31%), Net Carbohydrates: 11.12g (4.04%), Sugar: 7.87g (8.75%), Cholesterol: 15.7mg (5.23%), Sodium: 233.52mg (10.15%), Alcohol: 1.03g (100%), Alcohol %: 0.59% (100%), Protein: 6.63g (13.26%), Vitamin K: 57.35µg (54.62%), Vitamin C: 21.57mg (26.14%), Vitamin A: 1147.75IU (22.96%), Manganese: 0.46mg (22.87%), Fiber: 4.82g (19.28%), Calcium: 174.02mg (17.4%), Vitamin B6: 0.33mg (16.61%), Potassium: 504.97mg (14.43%), Phosphorus: 135.33mg (13.53%), Iron: 2.37mg (13.14%), Folate: 51.9µg (12.98%), Magnesium: 50.28mg (12.57%), Vitamin E: 1.8mg (11.97%), Copper: 0.23mg (11.27%), Vitamin B2: 0.19mg (11.09%), Vitamin B1: 0.16mg (10.55%), Vitamin B3: 1.74mg (8.72%), Vitamin B5: 0.54mg (5.38%), Zinc: 0.77mg (5.14%), Selenium: 3.32µg (4.75%), Vitamin B12: 0.11µg (1.8%)