



Simple green beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



28 kcal

SIDE DISH

Ingredients



250 g green bean



1 small shallots



4 servings balsamic vinaigrette salad dressing

Equipment

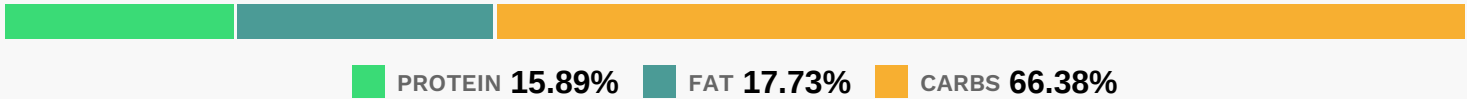


bowl

Directions

- ☐
- Can be made earlier in the day. Snip off the tops, but not the curly tails (they look better rustic-style), from the green beans. Boil in salted water for 3 mins until just tender. Get a bowl of iced water ready.
- ☐
- Drain the beans and plunge into the water for 3 mins, then drain well and tip out onto a plate. Finely chop the shallot, scatter over the beans and sprinkle with some vinaigrette. Set aside to cool.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:1.48, Inflammation Score:-4, Nutrition Score:4.6582608922668%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 28.36kcal (1.42%), Fat: 0.64g (0.99%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 5.43g (1.81%), Net Carbohydrates: 3.54g (1.29%), Sugar: 2.55g (2.84%), Cholesterol: 0mg (0%), Sodium: 4.51mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.6%), Vitamin K: 27.91µg (26.58%), Vitamin C: 8.13mg (9.85%), Vitamin A: 431.5IU (8.63%), Manganese: 0.15mg (7.66%), Fiber: 1.89g (7.55%), Folate: 22.75µg (5.69%), Vitamin B6: 0.11mg (5.48%), Potassium: 152.83mg (4.37%), Magnesium: 16.94mg (4.23%), Iron: 0.72mg (3.99%), Vitamin B2: 0.07mg (3.9%), Vitamin B1: 0.05mg (3.67%), Phosphorus: 27.5mg (2.75%), Calcium: 25.44mg (2.54%), Copper: 0.05mg (2.43%), Vitamin B3: 0.47mg (2.36%), Vitamin E: 0.3mg (2.03%), Vitamin B5: 0.16mg (1.59%), Zinc: 0.17mg (1.17%)