



String Beans with Shallots



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



87 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 6 servings kosher salt
- ☐ 1 tablespoon olive oil good
- ☐ 3 large shallots
- ☐ 1 pound string beans french haricots verts
- ☐ 2 tablespoons butter unsalted

Equipment

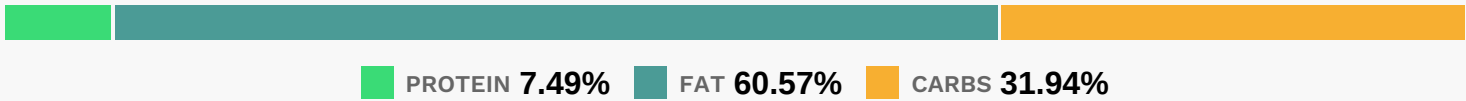
- ☐ bowl

- ☐ frying pan
- ☐ pot

Directions

- ☐ Blanch the string beans in a large pot of boiling salted water for 1 1/2 minutes only.
- ☐ Drain immediately and immerse in a bowl of ice water.
- ☐ Heat the butter and oil in a very large saute pan (12-inch diameter) or large pot and saute the shallots on medium heat for 5 to 10 minutes, tossing occasionally, until lightly browned.
- ☐ Drain the string beans and add to the shallots with 1/2 teaspoon salt and the pepper, tossing well.
- ☐ Heat only until the beans are hot.
- ☐ If you're using regular string beans, blanch them for about 3 minutes, until they're crisp-tender.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:2.02, Inflammation Score:-5, Nutrition Score:6.2617391464503%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 86.94kcal (4.35%), Fat: 6.3g (9.7%), Saturated Fat: 2.76g (17.26%), Carbohydrates: 7.48g (2.49%), Net Carbohydrates: 5g (1.82%), Sugar: 3.45g (3.84%), Cholesterol: 10.03mg (3.34%), Sodium: 200.42mg (8.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.51%), Vitamin K: 34.61µg (32.96%), Vitamin A: 639.66IU (12.79%), Vitamin C: 10.22mg (12.39%), Manganese: 0.22mg (11.09%), Fiber: 2.48g (9.93%), Vitamin B6: 0.15mg (7.52%), Folate: 29.37µg (7.34%), Potassium: 204.66mg (5.85%), Magnesium: 21.91mg (5.48%), Iron: 0.96mg (5.34%), Vitamin E: 0.76mg (5.07%), Vitamin B2: 0.08mg (4.88%), Vitamin B1: 0.07mg (4.66%), Phosphorus: 37.61mg (3.76%), Calcium: 34.6mg (3.46%), Copper: 0.07mg (3.31%), Vitamin B3: 0.58mg (2.92%), Vitamin B5: 0.21mg (2.14%), Zinc: 0.24mg (1.59%)