

Almond Green Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



112 kcal

SIDE DISH

Ingredients

- 0.3 cup almonds sliced
- 14 ounce canned tomatoes canned
- 15 ounce green beans canned
- 4 servings seasoning italian to taste

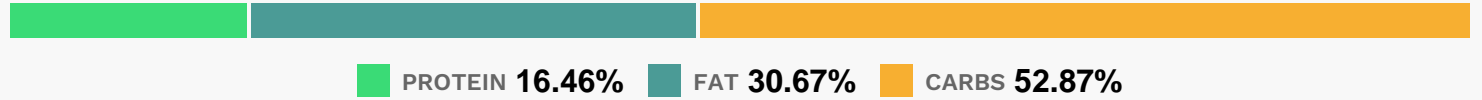
Equipment

- pot

Directions

In a pot over medium heat, cook the green beans and tomatoes until heated through. Season with Italian seasoning. Stir in the almonds just before serving.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:4.2, Inflammation Score:-7, Nutrition Score:15.3699999999585%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

Nutrients (% of daily need)

Calories: 111.75kcal (5.59%), Fat: 4.38g (6.74%), Saturated Fat: 0.4g (2.5%), Carbohydrates: 16.99g (5.66%), Net Carbohydrates: 10.85g (3.95%), Sugar: 8.21g (9.12%), Cholesterol: 0mg (0%), Sodium: 137.68mg (5.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.58%), Vitamin K: 57.19µg (54.47%), Manganese: 0.64mg (31.81%), Vitamin C: 22.12mg (26.81%), Vitamin E: 3.82mg (25.48%), Fiber: 6.14g (24.56%), Vitamin A: 963.96IU (19.28%), Magnesium: 69.82mg (17.46%), Copper: 0.34mg (17.01%), Iron: 3.04mg (16.87%), Potassium: 583.84mg (16.68%), Vitamin B6: 0.32mg (15.98%), Vitamin B2: 0.25mg (14.99%), Folate: 53.72µg (13.43%), Vitamin B1: 0.18mg (11.94%), Vitamin B3: 2.32mg (11.58%), Phosphorus: 110.51mg (11.05%), Calcium: 109.66mg (10.97%), Vitamin B5: 0.56mg (5.6%), Zinc: 0.79mg (5.26%), Selenium: 1.59µg (2.28%)