



## Artichokes and Green Beans

READY IN



30 min.

SERVINGS



5

CALORIES



175 kcal

SIDE DISH

### Ingredients

- 14 ounces artichoke hearts rinsed drained quartered canned
- 0.5 cup breadcrumbs soft
- 1.3 pounds green beans fresh trimmed
- 1 garlic clove minced
- 2 tablespoons olive oil divided
- 0.7 cup onion finely chopped
- 0.3 cup parmesan shredded
- 0.1 teaspoon pepper
- 0.3 teaspoon salt

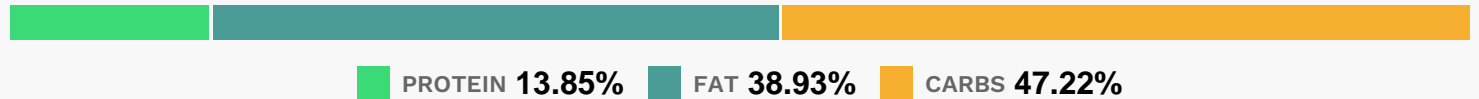
## Equipment

- frying pan
- sauce pan
- steamer basket

## Directions

- Place beans in a steamer basket.
- Place in a saucepan over 1 in. of water; bring to a boil. Cover and steam for 6–8 minutes or until crisp–tender.
- Remove from the heat and set aside.
- In a nonstick skillet, toast bread crumbs over medium heat in 1 tablespoon oil; set aside. In the same skillet, saute onion and garlic in remaining oil until tender.
- Add the artichokes, salt, pepper and reserved beans. Cook and stir over low heat until heated through. Before serving, sprinkle with cheese and toasted bread crumbs.

## Nutrition Facts



## Properties

Glycemic Index:32.4, Glycemic Load:2.77, Inflammation Score:-7, Nutrition Score:11.508695687289%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

## Nutrients (% of daily need)

Calories: 174.79kcal (8.74%), Fat: 7.74g (11.91%), Saturated Fat: 1.79g (11.19%), Carbohydrates: 21.12g (7.04%), Net Carbohydrates: 15.96g (5.8%), Sugar: 5.93g (6.59%), Cholesterol: 3.4mg (1.13%), Sodium: 576.4mg (25.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.39%), Vitamin K: 53.11µg (50.58%), Fiber: 5.16g (20.63%), Manganese: 0.39mg (19.47%), Vitamin C: 15.6mg (18.91%), Vitamin A: 822.25IU (16.45%), Vitamin B1:

0.21mg (14.03%), Folate: 53.41µg (13.35%), Calcium: 127.26mg (12.73%), Vitamin B2: 0.18mg (10.86%), Vitamin B6: 0.21mg (10.53%), Phosphorus: 102.79mg (10.28%), Iron: 1.82mg (10.13%), Magnesium: 37.57mg (9.39%), Vitamin E: 1.3mg (8.64%), Potassium: 299.34mg (8.55%), Vitamin B3: 1.59mg (7.96%), Selenium: 4.72µg (6.75%), Copper: 0.12mg (5.91%), Zinc: 0.61mg (4.07%), Vitamin B5: 0.37mg (3.68%), Vitamin B12: 0.1µg (1.63%)