



Basil Green Beans



Vegetarian



Gluten Free



Low Fod Map

READY IN



3 min.

SERVINGS



4

CALORIES



45 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 pound green beans fresh trimmed
- ☐ 1.5 teaspoons butter light
- ☐ 0.3 teaspoon salt

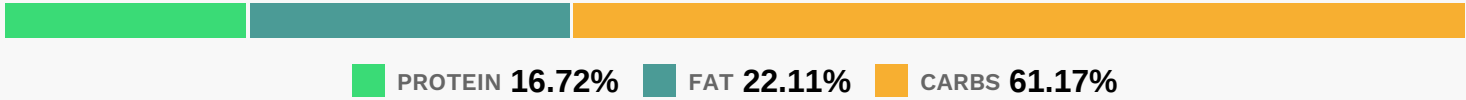
Equipment

- ☐ microwave

Directions

☐ Combine all ingredients in a microwave–safe dish. Cover and microwave at HIGH 5 minutes or until beans are crisp–tender, stirring after 2 1/2 minutes.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:2.23, Inflammation Score:–6, Nutrition Score:8.1765217068403%

Flavonoids

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: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 44.61kcal (2.23%), Fat: 1.27g (1.96%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 7.93g (2.64%), Net Carbohydrates: 4.85g (1.76%), Sugar: 3.7g (4.11%), Cholesterol: 1.96mg (0.65%), Sodium: 152.85mg (6.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.34%), Vitamin K: 53µg (50.48%), Vitamin A: 866.58IU (17.33%), Vitamin C: 14.01mg (16.99%), Manganese: 0.26mg (12.84%), Fiber: 3.08g (12.31%), Folate: 38.12µg (9.53%), Vitamin B6: 0.16mg (8.08%), Magnesium: 29.09mg (7.27%), Vitamin B2: 0.12mg (7.06%), Potassium: 243.56mg (6.96%), Iron: 1.22mg (6.78%), Vitamin B1: 0.09mg (6.23%), Calcium: 44.7mg (4.47%), Phosphorus: 44.28mg (4.43%), Vitamin B3: 0.84mg (4.21%), Copper: 0.08mg (4.11%), Vitamin E: 0.5mg (3.35%), Vitamin B5: 0.26mg (2.57%), Zinc: 0.29mg (1.9%)