



## Becel® Savoury Braised Green Beans

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



70 kcal

SIDE DISH

### Ingredients

- 1 clove garlic finely chopped
- 1 pound green beans
- 1 tablespoon buttery taste margarine becel®
- 1 small onion finely chopped
- 0.5 cup vegetable broth fat-free reduced-sodium

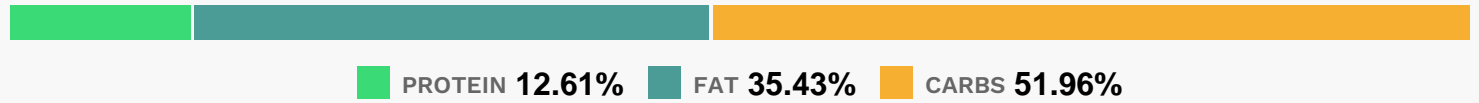
### Equipment

- frying pan

## Directions

- In 12-inch nonstick skillet, melt Becel® Buttery Taste margarine over medium-high heat and cook onion, stirring occasionally, 4 minutes or until tender.
- Add garlic and cook 30 seconds. Stir in green beans and cook, stirring occasionally, 1 minute.
- Add broth and lemon juice, then bring to a boil over high heat. Reduce heat to medium and simmer 6 minutes or until green beans are crisp-tender. Season, if desired, with salt and black pepper.

## Nutrition Facts



## Properties

Glycemic Index:25.75, Glycemic Load:2.66, Inflammation Score:-7, Nutrition Score:8.5160869332435%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 6.66mg, Quercetin: 6.66mg, Quercetin: 6.66mg

## Nutrients (% of daily need)

Calories: 70.31kcal (3.52%), Fat: 3.09g (4.75%), Saturated Fat: 0.65g (4.06%), Carbohydrates: 10.19g (3.4%), Net Carbohydrates: 6.69g (2.43%), Sugar: 4.57g (5.08%), Cholesterol: 0mg (0%), Sodium: 40.64mg (1.77%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.47g (4.95%), Vitamin K: 48.84µg (46.52%), Vitamin C: 15.37mg (18.63%), Vitamin A: 908.06IU (18.16%), Manganese: 0.28mg (14%), Fiber: 3.5g (14%), Folate: 40.8µg (10.2%), Vitamin B6: 0.19mg (9.53%), Potassium: 269.3mg (7.69%), Magnesium: 30.39mg (7.6%), Vitamin B2: 0.12mg (7.34%), Vitamin B1: 0.1mg (6.86%), Iron: 1.22mg (6.76%), Phosphorus: 50.12mg (5.01%), Calcium: 48.39mg (4.84%), Copper: 0.09mg (4.37%), Vitamin B3: 0.86mg (4.29%), Vitamin E: 0.58mg (3.85%), Vitamin B5: 0.28mg (2.84%), Zinc: 0.31mg (2.07%), Selenium: 0.87µg (1.25%)