



Blue Cheese Pecan Green Beans

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



170 kcal

SIDE DISH

Ingredients

- ☐ 12 oz green beans fresh trimmed
- ☐ 0.5 cup cashew pieces
- ☐ 2 tablespoons butter (do not use margarine)
- ☐ 0.8 cup cheese blue crumbled

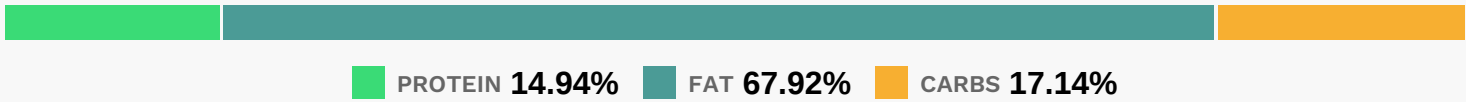
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In 2-quart saucepan, place beans in 1 inch water.
- ☐ Heat to boiling; reduce heat. Simmer uncovered 8 to 10 minutes or until beans are crisp-tender; drain.
- ☐ Place in serving bowl; cover to keep warm.
- ☐ Meanwhile, in 1-quart saucepan, cook pecans over medium heat 5 to 7 minutes, stirring frequently until nuts begin to brown, then stirring constantly until nuts are golden brown and toasted.
- ☐ Place in small bowl; reserve.
- ☐ In same 1-quart saucepan, melt butter over low heat.
- ☐ Heat, stirring constantly about 6 minutes or until butter is golden brown. (Once the butter begins to brown, it browns very quickly and can bum, so use low heat and watch carefully.) Immediately remove from heat.
- ☐ Pour over beans; toss to coat.
- ☐ Sprinkle with cheese and reserved pecans.

Nutrition Facts



Properties

Glycemic Index:16.37, Glycemic Load:1.95, Inflammation Score:-6, Nutrition Score:8.6713043425394%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 170.15kcal (8.51%), Fat: 13.44g (20.67%), Saturated Fat: 4.8g (30%), Carbohydrates: 7.63g (2.54%), Net Carbohydrates: 5.75g (2.09%), Sugar: 2.57g (2.85%), Cholesterol: 12.66mg (4.22%), Sodium: 242.76mg (10.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.65g (13.3%), Vitamin K: 28.45µg (27.1%), Phosphorus: 151.67mg (15.17%), Manganese: 0.3mg (15.1%), Copper: 0.28mg (14.09%), Vitamin A: 686.91IU (13.74%), Magnesium: 49.59mg (12.4%), Calcium: 115.46mg (11.55%), Vitamin C: 6.98mg (8.46%), Zinc: 1.21mg (8.04%), Vitamin B2: 0.13mg (7.73%),

Vitamin B6: 0.15mg (7.66%), Fiber: 1.89g (7.54%), Iron: 1.35mg (7.52%), Selenium: 4.93µg (7.04%), Folate: 27.52µg (6.88%), Potassium: 235.74mg (6.74%), Vitamin B1: 0.1mg (6.49%), Vitamin B5: 0.52mg (5.16%), Vitamin B3: 0.7mg (3.52%), Vitamin B12: 0.21µg (3.51%), Vitamin E: 0.52mg (3.44%)