



Cajun Green Bean Stir-fry



Gluten Free



Dairy Free

READY IN



21 min.

SERVINGS



6

CALORIES



120 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup oven-roasted-flavored almonds sliced
- ☐ 1.3 teaspoons cajun spice divided
- ☐ 2 pounds green beans fresh trimmed cut into 2-inch pieces
- ☐ 2 teaspoons garlic minced
- ☐ 2 tablespoons olive oil

Equipment

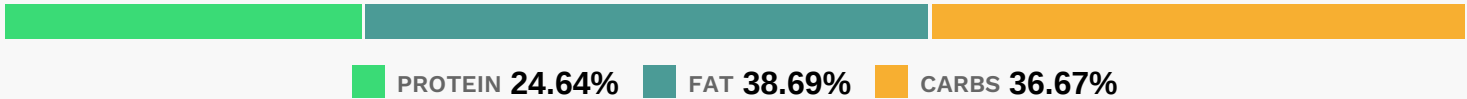
- ☐ paper towels
- ☐ oven

☐ dutch oven

Directions

- ☐ Bring beans and salted water to cover to a boil in a Dutch oven. Boil 7 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain. Wipe Dutch oven clean with paper towels.
- ☐ Cook garlic in hot oil in Dutch oven over medium heat 1 minute; add beans, and saut 2 minutes.
- ☐ Add almonds and 3/4 tsp. Cajun seasoning; saut 1 minute.
- ☐ Place beans in a serving dish; sprinkle with remaining 1/2 tsp. Cajun seasoning.
- ☐ Note: For testing purposes only, we used Sunkist Almond Accents Original Oven Roasted Flavored Sliced Almonds.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:3.07, Inflammation Score:-8, Nutrition Score:13.316956546644%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 119.77kcal (5.99%), Fat: 5.61g (8.63%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 7.71g (2.8%), Sugar: 5.2g (5.78%), Cholesterol: 15.08mg (5.03%), Sodium: 314.23mg (13.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.07%), Vitamin K: 68.18µg (64.93%), Vitamin A: 1251.24IU (25.02%), Vitamin C: 18.76mg (22.74%), Vitamin B3: 3.84mg (19.19%), Vitamin B6: 0.37mg (18.31%), Manganese: 0.36mg (17.82%), Fiber: 4.25g (16.99%), Phosphorus: 136.3mg (13.63%), Folate: 52.2µg (13.05%), Potassium: 439.05mg (12.54%), Magnesium: 46.48mg (11.62%), Vitamin B2: 0.18mg (10.85%), Vitamin E: 1.51mg (10.06%), Iron: 1.8mg (10.02%), Vitamin B1: 0.14mg (9.44%), Selenium: 4.98µg (7.11%), Vitamin B5: 0.64mg (6.45%), Calcium: 62.01mg (6.2%), Copper: 0.12mg (5.81%), Zinc: 0.54mg (3.62%)