



Cheesy Green Beans

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



48 kcal

SIDE DISH

Ingredients

- 1 teaspoon butter
- 2 small cloves garlic finely chopped
- 2 cups green beans frozen
- 2 tablespoons onion finely chopped
- 2 tablespoons cheddar cheese shredded

Equipment

- frying pan
- sauce pan

Directions

- In 2-quart saucepan or 10-inch skillet, melt butter over medium heat.
- Add onion and garlic; cook, stirring frequently, until onion begins to brown.
- Remove from saucepan; cover to keep warm.
- In same saucepan or skillet, cook beans as directed on bag; drain. Stir in onion mixture; cook until thoroughly heated.
- Add cheese; toss gently to mix.

Nutrition Facts

PROTEIN 16.75% **FAT 45.13%** **CARBS 38.12%**

Properties

Glycemic Index:32.5, Glycemic Load:1.35, Inflammation Score:-4, Nutrition Score:4.6973913046329%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 47.61kcal (2.38%), Fat: 2.58g (3.98%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 4.91g (1.64%), Net Carbohydrates: 3.31g (1.2%), Sugar: 2.03g (2.26%), Cholesterol: 4.25mg (1.42%), Sodium: 43.34mg (1.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.32%), Vitamin K: 23.8µg (22.66%), Vitamin A: 467.03IU (9.34%), Vitamin C: 7.55mg (9.15%), Manganese: 0.15mg (7.54%), Fiber: 1.6g (6.41%), Calcium: 54.64mg (5.46%), Vitamin B6: 0.11mg (5.26%), Folate: 20.05µg (5.01%), Vitamin B2: 0.08mg (4.67%), Phosphorus: 44.4mg (4.44%), Magnesium: 15.81mg (3.95%), Potassium: 133.16mg (3.8%), Vitamin B1: 0.05mg (3.45%), Iron: 0.61mg (3.38%), Selenium: 1.77µg (2.53%), Copper: 0.05mg (2.29%), Vitamin B3: 0.42mg (2.11%), Zinc: 0.31mg (2.09%), Vitamin E: 0.3mg (1.99%), Vitamin B5: 0.16mg (1.57%)