



## Chic Green Beans

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



3

CALORIES



139 kcal

SIDE DISH

### Ingredients

- 0.3 cup almonds sliced
- 2 tablespoons butter
- 0.5 pound green beans fresh trimmed
- 1 pinch garlic salt to taste
- 3 servings ground pepper black to taste
- 0.5 cup mushrooms sliced

### Equipment

- frying pan

pot

## Directions

- Bring a pot water to a boil; add green beans and cook until just tender, 6 to 8 minutes.
- Drain.
- Meanwhile, melt butter in a skillet over medium heat. Cook and stir mushrooms and almonds until tender, about 3 minutes; stir in green beans. Season with garlic salt and black pepper.

## Nutrition Facts

 PROTEIN **9.64%**  FAT **70.18%**  CARBS **20.18%**

## Properties

Glycemic Index:56.67, Glycemic Load:1.69, Inflammation Score:-6, Nutrition Score:8.9626087241847%

## Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

## Nutrients (% of daily need)

Calories: 138.52kcal (6.93%), Fat: 11.62g (17.88%), Saturated Fat: 5.14g (32.1%), Carbohydrates: 7.52g (2.51%), Net Carbohydrates: 4.33g (1.58%), Sugar: 3.12g (3.47%), Cholesterol: 20.07mg (6.69%), Sodium: 78.37mg (3.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.19%), Vitamin K: 33.32µg (31.74%), Manganese: 0.36mg (17.94%), Vitamin E: 2.49mg (16.61%), Vitamin A: 755.49IU (15.11%), Vitamin B2: 0.23mg (13.75%), Fiber: 3.18g (12.74%), Vitamin C: 9.56mg (11.59%), Magnesium: 41.4mg (10.35%), Copper: 0.18mg (9.17%), Phosphorus: 81.76mg (8.18%), Folate: 31.34µg (7.83%), Potassium: 270.16mg (7.72%), Vitamin B3: 1.42mg (7.08%), Vitamin B6: 0.13mg (6.72%), Iron: 1.15mg (6.42%), Vitamin B1: 0.09mg (6.08%), Calcium: 51.77mg (5.18%), Vitamin B5: 0.46mg (4.57%), Zinc: 0.51mg (3.42%), Selenium: 2.35µg (3.36%)