



WHATSheATE



Chive Green Beans



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



54 kcal

SIDE DISH

Ingredients

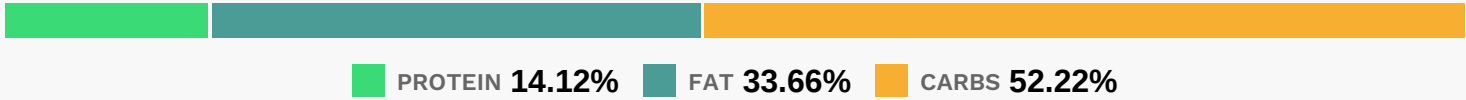
- ☐ 2 teaspoons butter
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 pound green beans fresh trimmed
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon dijon mustard stone-ground

Equipment

Directions

- ☐ Steam green beans, covered, 5 minutes or until crisp-tender.
- ☐ Remove from steamer; toss with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:59.25, Glycemic Load:2.25, Inflammation Score:-7, Nutrition Score:9.0382608204432%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 54.2kcal (2.71%), Fat: 2.31g (3.56%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 8.07g (2.69%), Net Carbohydrates: 4.92g (1.79%), Sugar: 3.73g (4.14%), Cholesterol: 5.38mg (1.79%), Sodium: 175.69mg (7.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.37%), Vitamin K: 67.05µg (63.85%), Vitamin A: 962.59IU (19.25%), Vitamin C: 15.6mg (18.91%), Manganese: 0.26mg (13.01%), Fiber: 3.16g (12.62%), Folate: 39.86µg (9.96%), Vitamin B6: 0.16mg (8.13%), Magnesium: 29.63mg (7.41%), Vitamin B2: 0.12mg (7.13%), Potassium: 249.43mg (7.13%), Iron: 1.26mg (7%), Vitamin B1: 0.1mg (6.39%), Phosphorus: 45.48mg (4.55%), Calcium: 45.39mg (4.54%), Vitamin B3: 0.86mg (4.28%), Copper: 0.08mg (4.12%), Vitamin E: 0.53mg (3.57%), Vitamin B5: 0.27mg (2.67%), Zinc: 0.29mg (1.96%), Selenium: 0.93µg (1.33%)