



Company Green Bean Skillet

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



10

CALORIES



87 kcal

SIDE DISH

Ingredients

- 2 tablespoons olive oil
- 8 oz mushrooms fresh sliced (3 cups)
- 0.3 cup onion chopped
- 24 oz green beans whole frozen
- 0.5 cup bell pepper red chopped
- 0.3 teaspoon salt
- 1 cup chicken broth (from 32-oz carton)
- 2 tablespoons yukon gold potatoes

- 6 oz yogurt plain fat free
- 0.3 cup walnut pieces toasted chopped

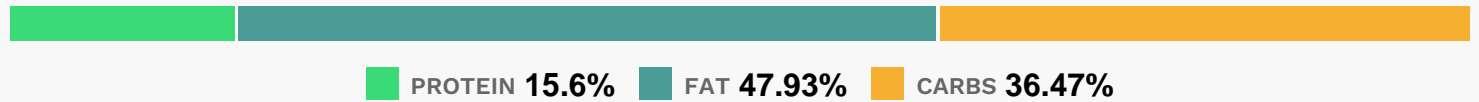
Equipment

- frying pan
- whisk

Directions

- In 10-inch skillet, heat butter over medium heat until hot. Cook mushrooms and onion in butter, stirring occasionally, about 4 minutes or until mushrooms are tender.
- Add green beans, bell pepper and salt. Cook 6 to 7 minutes, stirring occasionally, until beans are tender.
- Mix chicken broth and flour with whisk or fork; add to skillet. Cook and stir 3 to 4 minutes or until thickened.
- Remove from heat; stir in yogurt.
- Sprinkle with walnuts.

Nutrition Facts



Properties

Glycemic Index:24.08, Glycemic Load:2.1, Inflammation Score:-6, Nutrition Score:9.0152174312135%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 86.71kcal (4.34%), Fat: 5.04g (7.76%), Saturated Fat: 0.64g (4%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 6.08g (2.21%), Sugar: 4.66g (5.17%), Cholesterol: 0.81mg (0.27%), Sodium: 164.39mg (7.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.39%), Vitamin K: 31.49µg (29.99%), Vitamin C: 19.38mg

(23.49%), Manganese: 0.29mg (14.37%), Vitamin A: 705.11IU (14.1%), Vitamin B2: 0.23mg (13.43%), Fiber: 2.55g (10.2%), Vitamin B6: 0.18mg (8.97%), Folate: 35.88µg (8.97%), Copper: 0.18mg (8.89%), Potassium: 310.24mg (8.86%), Phosphorus: 87.91mg (8.79%), Vitamin B3: 1.53mg (7.66%), Magnesium: 29.11mg (7.28%), Vitamin B1: 0.11mg (7.03%), Vitamin B5: 0.66mg (6.58%), Calcium: 65.37mg (6.54%), Iron: 1.01mg (5.62%), Vitamin E: 0.83mg (5.55%), Selenium: 3.4µg (4.86%), Zinc: 0.59mg (3.91%), Vitamin B12: 0.12µg (1.96%)