



Crumb-Topped Green Beans

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



106 kcal

SIDE DISH

Ingredients

- ☐ 1.3 pounds green beans
- ☐ 0.3 cup italian-seasoned breadcrumbs dry
- ☐ 1 tablespoon butter
- ☐ 0.5 cup onion chopped

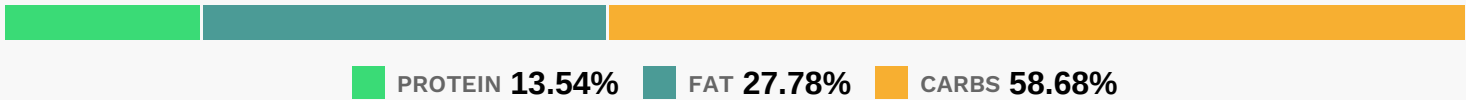
Equipment

- ☐ frying pan

Directions

- ☐ Steam the green beans, covered, for 12 minutes or until crisp-tender.
- ☐ Melt the margarine in a large nonstick skillet over medium heat.
- ☐ Add chopped onion and breadcrumbs, and saut for 1 minute.
- ☐ Add green beans, and saut for 4 minutes or until tender.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:3.2, Inflammation Score:-8, Nutrition Score:11.79782613464%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg

Nutrients (% of daily need)

Calories: 105.83kcal (5.29%), Fat: 3.56g (5.48%), Saturated Fat: 0.77g (4.8%), Carbohydrates: 16.92g (5.64%), Net Carbohydrates: 12.38g (4.5%), Sugar: 5.9g (6.55%), Cholesterol: 0.08mg (0.03%), Sodium: 142.51mg (6.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.81%), Vitamin K: 64.48µg (61.41%), Vitamin C: 18.98mg (23.01%), Vitamin A: 1118.13IU (22.36%), Manganese: 0.41mg (20.29%), Fiber: 4.53g (18.14%), Folate: 59.54µg (14.88%), Vitamin B1: 0.2mg (13.19%), Vitamin B6: 0.24mg (11.85%), Vitamin B2: 0.19mg (10.9%), Iron: 1.87mg (10.39%), Magnesium: 40.99mg (10.25%), Potassium: 347.08mg (9.92%), Vitamin B3: 1.53mg (7.63%), Phosphorus: 73.74mg (7.37%), Calcium: 71.75mg (7.17%), Copper: 0.12mg (6.2%), Vitamin E: 0.71mg (4.75%), Selenium: 2.8µg (4%), Vitamin B5: 0.39mg (3.93%), Zinc: 0.48mg (3.21%)