



Crunchy green beans with radishes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



20 kcal

SIDE DISH

Ingredients



350 g green beans trimmed fine



1 bunch radishes finely sliced into rounds



0.5 juice of lemon

Equipment

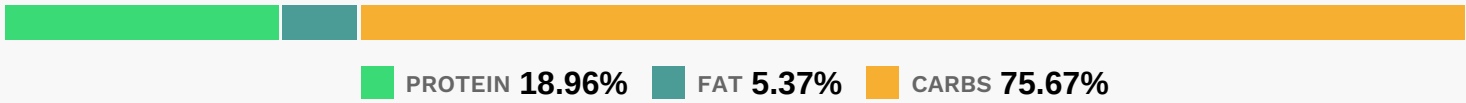


sauce pan

Directions

- ☐
- Bring a saucepan of water to the boil and cook the green beans for 4–5 mins until tender.
- ☐
- Drain and toss with the radishes, drizzle over the oil and lemon juice and season with a little salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:1.19, Inflammation Score:-4, Nutrition Score:4.3217391371727%

Flavonoids

Pelargonidin: 5.26mg, Pelargonidin: 5.26mg, Pelargonidin: 5.26mg, Pelargonidin: 5.26mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 19.97kcal (1%), Fat: 0.14g (0.22%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 4.52g (1.51%), Net Carbohydrates: 2.81g (1.02%), Sugar: 2.12g (2.36%), Cholesterol: 0mg (0%), Sodium: 6.78mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.27%), Vitamin K: 25.19µg (23.99%), Vitamin C: 9.32mg (11.29%), Vitamin A: 403.23IU (8.06%), Fiber: 1.72g (6.86%), Manganese: 0.13mg (6.6%), Folate: 21.83µg (5.46%), Vitamin B6: 0.09mg (4.47%), Potassium: 145.07mg (4.14%), Magnesium: 15.57mg (3.89%), Vitamin B2: 0.06mg (3.78%), Iron: 0.63mg (3.51%), Vitamin B1: 0.05mg (3.3%), Phosphorus: 24.03mg (2.4%), Calcium: 23.82mg (2.38%), Vitamin B3: 0.45mg (2.26%), Copper: 0.04mg (2.24%), Vitamin E: 0.24mg (1.62%), Vitamin B5: 0.15mg (1.48%), Zinc: 0.16mg (1.1%)