



Dilled Carrots and Green Beans



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



72 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound baby carrots whole
- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon dillweed dried
- ☐ 1 pound green beans fresh trimmed
- ☐ 2 tablespoons onion diced
- ☐ 0.5 teaspoon salt
- ☐ 1 cup water

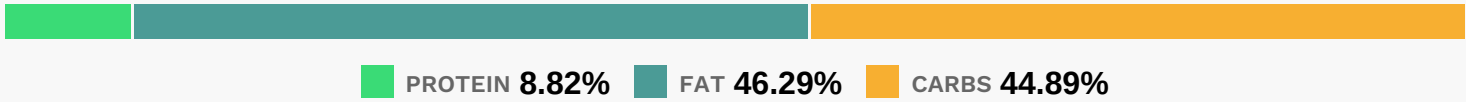
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook first 5 ingredients in a saucepan over medium heat 8 to 10 minutes or until vegetables are crisp-tender.
- ☐ Drain.
- ☐ Remove from pan; keep warm.
- ☐ Melt butter in saucepan over medium heat; add onion, and saut until tender.
- ☐ Add vegetables; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:1.56, Inflammation Score:-10, Nutrition Score:10.664347705634%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 71.67kcal (3.58%), Fat: 4.01g (6.16%), Saturated Fat: 2.45g (15.29%), Carbohydrates: 8.74g (2.91%), Net Carbohydrates: 5.54g (2.01%), Sugar: 4.41g (4.9%), Cholesterol: 10.03mg (3.34%), Sodium: 260.09mg (11.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.44%), Vitamin A: 5855.73IU (117.11%), Vitamin K: 36.4µg (34.67%), Fiber: 3.21g (12.82%), Vitamin C: 10.49mg (12.72%), Manganese: 0.23mg (11.42%), Folate: 35.93µg (8.98%), Vitamin B6: 0.15mg (7.59%), Potassium: 257.88mg (7.37%), Iron: 1.17mg (6.47%), Magnesium: 23.88mg (5.97%), Vitamin B2: 0.09mg (5.59%), Vitamin B1: 0.08mg (5.03%), Copper: 0.1mg (4.91%), Calcium: 44.74mg (4.47%), Phosphorus: 41.85mg (4.19%), Vitamin B3: 0.77mg (3.87%), Vitamin B5: 0.33mg (3.31%), Vitamin E: 0.42mg (2.79%), Zinc: 0.26mg (1.75%), Selenium: 0.86µg (1.23%)