



Easy Garden Green Beans

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



149 kcal

SIDE DISH

Ingredients

- 1 pound green beans fresh trimmed
- 2 tablespoons parsley fresh chopped
- 3 cloves garlic sliced
- 1 pinch ground pepper black
- 3 tablespoons olive oil
- 3 tablespoons parmesan cheese freshly grated
- 1 pinch salt
- 2 tablespoons citrus champagne vinegar

Equipment

- bowl
- sauce pan
- steamer basket

Directions

- Set a steamer basket insert into a large saucepan and fill with water to a level just below the steamer. Bring to a boil.
- Add green beans, and steam to your desired degree of tenderness, or about 5 minutes.
- Once the beans have cooked, transfer them to a serving bowl. Toss with olive oil, garlic, salt, pepper, white wine vinegar, and Parmesan cheese.
- Let stand for 10 minutes.
- Remove garlic slices and garnish with parsley before serving.

Nutrition Facts

 **PROTEIN 8.64%**  **FAT 67.75%**  **CARBS 23.61%**

Properties

Glycemic Index:35, Glycemic Load:2.46, Inflammation Score:-7, Nutrition Score:11.225217422713%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 149.32kcal (7.47%), Fat: 11.83g (18.2%), Saturated Fat: 2.09g (13.07%), Carbohydrates: 9.28g (3.09%), Net Carbohydrates: 6.1g (2.22%), Sugar: 3.74g (4.15%), Cholesterol: 3.26mg (1.09%), Sodium: 84.44mg (3.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.79%), Vitamin K: 88.03µg (83.83%), Vitamin C: 17.23mg (20.89%), Vitamin A: 983.7IU (19.67%), Manganese: 0.3mg (14.78%), Vitamin E: 2.01mg (13.42%), Fiber: 3.18g (12.73%), Folate: 40.76µg (10.19%), Vitamin B6: 0.19mg (9.64%), Calcium: 82.61mg (8.26%), Iron: 1.44mg (8.01%), Vitamin B2: 0.14mg (7.96%), Magnesium: 31.57mg (7.89%), Potassium: 269.64mg (7.7%), Phosphorus: 72.11mg

(7.21%), Vitamin B1: 0.1mg (6.68%), Copper: 0.09mg (4.53%), Vitamin B3: 0.88mg (4.39%), Selenium: 2.32µg (3.31%), Zinc: 0.48mg (3.23%), Vitamin B5: 0.29mg (2.89%)