



Easy String Beans and Onions



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



97 kcal

SIDE DISH

Ingredients

- 1 cup chicken stock see
- 1.5 pounds string beans fresh sliced into thirds
- 1 clove garlic grated (on a rasp)
- 6 servings lemon wedges for spritzing
- 2 tablespoons olive oil
- 0.5 cup onions halved sliced
- 6 servings salt and pepper black freshly ground

Equipment

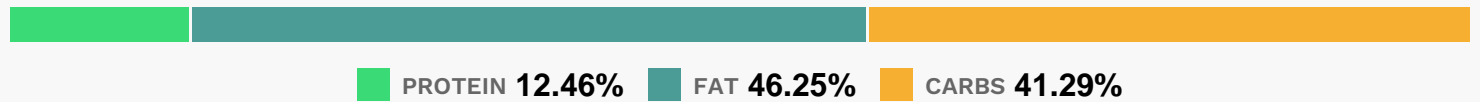
frying pan

pot

Directions

- In a saute pan with straight sides or a medium pot, add the olive oil and raise the heat to medium-high.
- Add the onions and season with a pinch of salt and grind or 2 of pepper. Cook the onions, stirring and moving around, until tender and translucent, about 4 minutes.
- Add the garlic and lower the heat. Continue cooking until fragrant and tender, about 2 minutes.
- Add the string beans and season with salt and pepper. Stir to coat, and then add the chicken stock. Raise the heat to a simmer and cover. Cook until the green beans are very tender, about 25 minutes. Spritz with lemon just before serving.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:2.58, Inflammation Score:-7, Nutrition Score:9.2247825290846%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

Nutrients (% of daily need)

Calories: 97.43kcal (4.87%), Fat: 5.42g (8.34%), Saturated Fat: 0.84g (5.23%), Carbohydrates: 10.88g (3.63%), Net Carbohydrates: 7.53g (2.74%), Sugar: 4.92g (5.47%), Cholesterol: 1.2mg (0.4%), Sodium: 64.76mg (2.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.57%), Vitamin K: 51.88µg (49.41%), Vitamin C: 15.59mg (18.89%), Vitamin A: 784.73IU (15.69%), Manganese: 0.28mg (14.18%), Fiber: 3.35g (13.41%), Folate: 42.1µg (10.52%), Vitamin B6: 0.21mg (10.38%), Vitamin B2: 0.16mg (9.2%), Potassium: 305.5mg (8.73%), Magnesium: 31.66mg (7.91%), Vitamin E: 1.15mg (7.7%), Vitamin B1: 0.11mg (7.64%), Vitamin B3: 1.49mg (7.43%), Iron: 1.33mg (7.39%), Phosphorus:

58.84mg (5.88%), Copper: 0.11mg (5.41%), Calcium: 47.88mg (4.79%), Vitamin B5: 0.28mg (2.78%), Selenium: 1.71µg (2.44%), Zinc: 0.36mg (2.39%)