



## Egyptian Green Beans with Carrots

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



118 kcal

SIDE DISH

### Ingredients

- 1 bay leaf
- 2 cups chicken stock see boiling
- 2 cloves garlic sliced
- 9 ounce green beans and carrots frozen
- 0.3 teaspoon ground cardamom
- 4 servings salt and ground pepper black to taste
- 1 large onion diced
- 2 tablespoons tomato paste

1 tablespoon vegetable oil

## Equipment

pot

## Directions

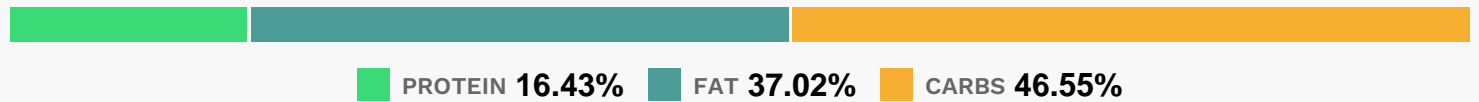
Heat oil in a pot over medium heat; cook and stir onion in the hot oil until transparent, 5 to 10 minutes. Stir tomato paste and garlic into onion; cook, stirring quickly, for 1 minute.

Pour in boiling chicken stock.

Stir cardamom, bay leaf, salt, and pepper into onion-stock mixture; bring to a boil.

Add green beans and carrots; return to a boil, reduce heat to medium-low, and simmer until green beans are softened, about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:46.25, Glycemic Load:2.71, Inflammation Score:-6, Nutrition Score:8.8065217681553%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 9.38mg, Quercetin: 9.38mg, Quercetin: 9.38mg, Quercetin: 9.38mg

## Nutrients (% of daily need)

Calories: 117.54kcal (5.88%), Fat: 5.08g (7.81%), Saturated Fat: 0.96g (6.02%), Carbohydrates: 14.36g (4.79%), Net Carbohydrates: 11.58g (4.21%), Sugar: 6.56g (7.28%), Cholesterol: 3.6mg (1.2%), Sodium: 240.43mg (10.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Vitamin K: 35.17µg (33.5%), Vitamin C: 13.05mg (15.82%), Manganese: 0.29mg (14.26%), Vitamin B3: 2.67mg (13.34%), Vitamin B6: 0.25mg (12.25%), Potassium: 405.33mg (11.58%), Vitamin A: 568.7IU (11.37%), Vitamin B2: 0.19mg (11.35%), Fiber: 2.79g (11.14%), Folate: 35.24µg (8.81%), Vitamin B1: 0.12mg (7.98%), Copper: 0.16mg (7.95%), Phosphorus: 76.86mg (7.69%), Magnesium: 28.72mg (7.18%), Iron: 1.29mg (7.17%), Vitamin E: 0.93mg (6.2%), Selenium: 3.85µg (5.5%), Calcium: 42.55mg (4.26%), Zinc: 0.46mg (3.09%), Vitamin B5: 0.21mg (2.11%)