



Fashoulakia



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



104 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon teaspoon dill dried fresh finely chopped
- ☐ 1 tablespoon mint leaves fresh finely chopped
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 2 garlic cloves minced
- ☐ 2 pounds green beans trimmed
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion finely chopped

- ☐ 0.5 teaspoon salt
- ☐ 29 ounce stewed tomatoes undrained canned

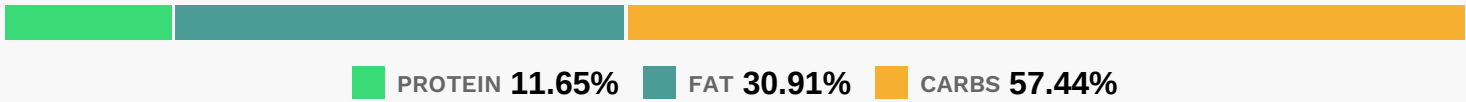
Equipment

- ☐ pot

Directions

- ☐ Heat oil in a stockpot over medium-high heat.
- ☐ Add onion; saut 3 minutes.
- ☐ Add herbs and garlic; saut 4 minutes.
- ☐ Add beans and remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 30 minutes or until beans are tender.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:2.75, Inflammation Score:-8, Nutrition Score:14.167391248371%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Apigenin: 5.43mg, Apigenin: 5.43mg, Apigenin: 5.43mg, Apigenin: 5.43mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin: 7.2mg

Nutrients (% of daily need)

Calories: 103.6kcal (5.18%), Fat: 4g (6.15%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 16.72g (5.57%), Net Carbohydrates: 12.11g (4.4%), Sugar: 8.19g (9.1%), Cholesterol: 0mg (0%), Sodium: 381.91mg (16.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.78%), Vitamin K: 94.63µg (90.13%), Vitamin C: 27.23mg (33.01%), Vitamin A: 1201.37IU (24.03%), Manganese: 0.37mg (18.61%), Fiber: 4.61g (18.44%), Iron: 2.81mg (15.63%), Potassium: 503.71mg (14.39%), Folate: 50.99µg (12.75%), Vitamin E: 1.85mg (12.31%), Magnesium: 44.86mg (11.22%), Vitamin B6: 0.21mg (10.71%), Copper: 0.21mg (10.55%), Vitamin B1: 0.15mg (10.25%), Vitamin B2: 0.16mg (9.68%), Calcium: 88.61mg (8.86%), Vitamin B3: 1.64mg (8.2%), Phosphorus: 72.73mg (7.27%), Vitamin B5: 0.42mg (4.15%), Zinc:

0.53mg (3.5%), Selenium: 1.51µg (2.16%)