



## Fresh Green Beans & Basil



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



17 min.

SERVINGS



8

CALORIES



70 kcal

SIDE DISH

### Ingredients

- 3 Tbsp basil fresh chopped
- 1 lb green beans fresh trimmed
- 1 onion red sliced
- 0.3 cup sun tomato vinaigrette dressing dried kraft

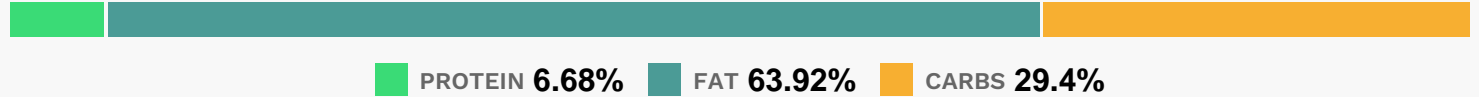
### Equipment

- frying pan

## Directions

- Heat dressing in large skillet on medium heat.
- Add beans and onions; cover.
- Cook 5 min. or until beans are crisp-tender.
- Top with basil; cook, covered, 1 min.

## Nutrition Facts



## Properties

Glycemic Index:17.88, Glycemic Load:1.41, Inflammation Score:-5, Nutrition Score:5.5530434717303%

## Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

## Nutrients (% of daily need)

Calories: 70.39kcal (3.52%), Fat: 5.37g (8.27%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 3.76g (1.37%), Sugar: 2.7g (3%), Cholesterol: 0mg (0%), Sodium: 4.15mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.53%), Vitamin K: 44.53µg (42.41%), Vitamin A: 516.12IU (10.32%), Vitamin C: 8.36mg (10.13%), Manganese: 0.17mg (8.37%), Fiber: 1.8g (7.21%), Folate: 22.93µg (5.73%), Vitamin B6: 0.1mg (5.01%), Vitamin E: 0.73mg (4.9%), Magnesium: 17.06mg (4.27%), Potassium: 147.51mg (4.21%), Iron: 0.69mg (3.82%), Vitamin B2: 0.06mg (3.79%), Vitamin B1: 0.05mg (3.57%), Calcium: 28.32mg (2.83%), Phosphorus: 26.86mg (2.69%), Copper: 0.05mg (2.68%), Vitamin B3: 0.45mg (2.27%), Vitamin B5: 0.15mg (1.49%), Zinc: 0.18mg (1.19%)