



Fresh Oregano and Blackberry Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



52 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pint blackberries fresh ripe at room temperature
- ☐ 0.3 teaspoon celery salt
- ☐ 2 pounds green beans fresh cut into 2 inch pieces
- ☐ 0.5 teaspoon onion powder
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 8 servings salt and pepper to taste

Equipment

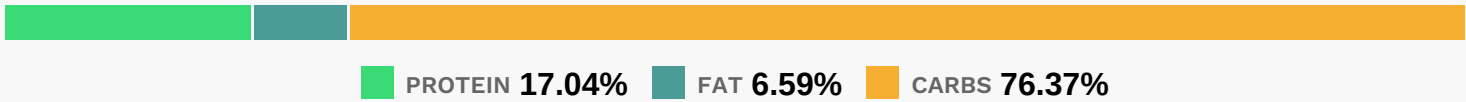
- ☐ bowl

- ☐ sauce pan
- ☐ steamer basket

Directions

- ☐ Fill a saucepan with 1 inch of water, and insert a steamer basket.
- ☐ Place the green beans into the steamer basket, and sprinkle with oregano, celery salt, and onion powder. Cover and bring to a boil over high heat. Steam for 5 minutes, then remove beans from steamer basket, and place into a large bowl.
- ☐ Gently fold in the blackberries, allowing the heat from the green beans to pull out their juices. Season to taste with salt and pepper, and serve.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:2.56, Inflammation Score:-9, Nutrition Score:10.872173879458%

Flavonoids

Cyanidin: 29.56mg, Cyanidin: 29.56mg, Cyanidin: 29.56mg, Cyanidin: 29.56mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 10.96mg, Catechin: 10.96mg, Catechin: 10.96mg, Catechin: 10.96mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.38mg, Epicatechin: 1.38mg, Epicatechin: 1.38mg, Epicatechin: 1.38mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 51.61kcal (2.58%), Fat: 0.45g (0.69%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 11.71g (3.9%), Net Carbohydrates: 6.53g (2.37%), Sugar: 5.2g (5.78%), Cholesterol: 0mg (0%), Sodium: 273.96mg (11.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Vitamin K: 62.39µg (59.42%), Manganese: 0.5mg (25.03%), Vitamin C: 20.1mg (24.37%), Fiber: 5.18g (20.72%), Vitamin A: 867IU (17.34%), Folate: 47.86µg (11.96%), Iron: 1.82mg (10.1%), Magnesium: 37.79mg (9.45%), Vitamin B6: 0.18mg (9.14%), Potassium: 304.22mg (8.69%), Vitamin B2: 0.13mg (7.78%), Calcium: 71.14mg (7.11%), Vitamin E: 1.04mg (6.93%), Copper: 0.14mg (6.79%), Vitamin B1: 0.1mg (6.78%), Vitamin B3: 1.08mg (5.41%), Phosphorus: 51.85mg (5.18%), Vitamin B5: 0.35mg (3.49%), Zinc: 0.47mg (3.12%), Selenium: 0.87µg (1.25%)