






 **18%**
HEALTH SCORE

Garden Green Beans

 **Gluten Free**

READY IN

30 min.

SERVINGS

6

CALORIES

86 kcal

SIDE DISH

Ingredients

- 4 cups green beans fresh cut (2-inch pieces)
- 0.5 cup mushrooms fresh sliced
- 0.5 cup mushrooms fresh sliced
- 2 tablespoons onion chopped
- 1 garlic clove minced
- 2 tablespoons olive oil
- 0.3 cup water chestnuts sliced
- 0.3 teaspoon seasoning italian

- 0.3 teaspoon salt
- 0.1 teaspoon pepper
- 2 tablespoons parmesan shredded

Equipment

- frying pan
- sauce pan

Directions

- Place beans in a saucepan and cover with water; bring to a boil. Reduce heat; cover and simmer until crisp-tender.
- Meanwhile, in a skillet, saute mushrooms, onion if desired and garlic in oil until tender. Stir in water chestnuts and seasonings; heat through.
- Drain beans and stir into skillet.
- Sprinkle with Parmesan cheese.
- Serve immediately.

Nutrition Facts



PROTEIN 11.5% **FAT 51.41%** **CARBS 37.09%**

Properties

Glycemic Index:38.5, Glycemic Load:1.69, Inflammation Score:-5, Nutrition Score:7.2786955820478%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg

Nutrients (% of daily need)

Calories: 86.24kcal (4.31%), Fat: 5.34g (8.21%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 8.66g (2.89%), Net Carbohydrates: 5.92g (2.15%), Sugar: 3.35g (3.73%), Cholesterol: 1.13mg (0.38%), Sodium: 130.64mg (5.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.37%), Vitamin K: 35.02µg (33.35%), Vitamin C: 9.94mg (12.05%), Fiber: 2.74g (10.97%), Manganese: 0.21mg (10.44%), Vitamin A: 520.77IU (10.42%), Vitamin B2: 0.15mg

(8.99%), Vitamin B6: 0.16mg (8.19%), Vitamin E: 1.09mg (7.28%), Folate: 29.02µg (7.25%), Potassium: 238.79mg (6.82%), Copper: 0.13mg (6.28%), Iron: 1.1mg (6.09%), Vitamin B3: 1.2mg (6.01%), Phosphorus: 58.88mg (5.89%), Magnesium: 22.27mg (5.57%), Vitamin B1: 0.08mg (5.24%), Calcium: 51.39mg (5.14%), Vitamin B5: 0.45mg (4.48%), Selenium: 2.53µg (3.62%), Zinc: 0.39mg (2.62%)