



Garlic and Thyme Green Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



92 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons thyme leaves fresh chopped
- 2 tablespoons garlic minced
- 1.5 pounds green beans trimmed
- 0.5 teaspoon kosher salt
- 1 tablespoon juice of lemon fresh
- 1 tablespoon olive oil

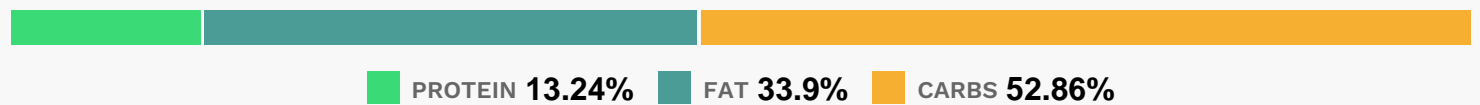
Equipment

frying pan

Directions

- Heat oil in a large frying pan over medium heat.
- Add green beans and cook, stirring occasionally, until starting to soften and brown, about 8 minutes.
- Add garlic and cook until fragrant, another 2 minutes.
- Remove from heat and add remaining ingredients, stirring well.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:3.78, Inflammation Score:-9, Nutrition Score:13.009565353394%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg

Nutrients (% of daily need)

Calories: 91.78kcal (4.59%), Fat: 3.92g (6.04%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 13.76g (4.59%), Net Carbohydrates: 8.9g (3.24%), Sugar: 5.68g (6.31%), Cholesterol: 0mg (0%), Sodium: 301.79mg (13.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.9%), Vitamin K: 75.52µg (71.93%), Vitamin C: 25.05mg (30.37%), Vitamin A: 1222.45IU (24.45%), Manganese: 0.47mg (23.43%), Fiber: 4.86g (19.44%), Vitamin B6: 0.29mg (14.75%), Folate: 57.47µg (14.37%), Magnesium: 45.57mg (11.39%), Iron: 2.03mg (11.29%), Potassium: 386.65mg (11.05%), Vitamin B2: 0.19mg (10.99%), Vitamin B1: 0.15mg (9.93%), Vitamin E: 1.21mg (8.08%), Calcium: 75.22mg (7.52%), Phosphorus: 72.31mg (7.23%), Copper: 0.14mg (6.87%), Vitamin B3: 1.3mg (6.5%), Vitamin B5: 0.42mg (4.17%), Zinc: 0.48mg (3.18%), Selenium: 1.6µg (2.28%)