

Garlic-Buttered Green Beans

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



131 kcal

SIDE DISH

Ingredients

- 6 tablespoons butter cubed
- 1 pound green beans fresh
- 0.5 cup mushrooms fresh sliced
- 0.5 cup mushrooms fresh sliced
- 1 teaspoons garlic powder
- 2 teaspoons onion powder
- 6 servings salt and pepper to taste

Equipment

frying pan

sauce pan

Directions

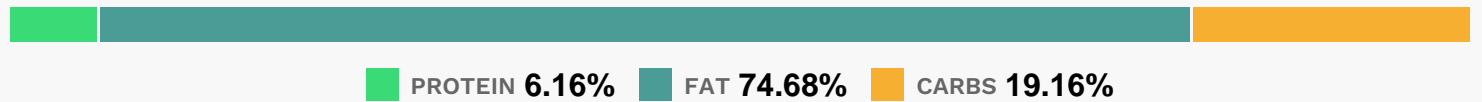
Place green beans in a large saucepan, cover with water. Bring to a boil; cover and cook for 8–10 minutes or until crisp–tender.

Meanwhile, in a large skillet, saute mushrooms in butter until tender.

Add onion powder and garlic powder.

Drain beans; add to skillet and toss. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:1.62, Inflammation Score:-6, Nutrition Score:6.9304348055435%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 131.26kcal (6.56%), Fat: 11.59g (17.82%), Saturated Fat: 7.24g (45.28%), Carbohydrates: 6.69g (2.23%), Net Carbohydrates: 4.34g (1.58%), Sugar: 2.85g (3.16%), Cholesterol: 30.1mg (10.03%), Sodium: 289.93mg (12.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Vitamin K: 33.52µg (31.92%), Vitamin A: 871.49IU (17.43%), Vitamin C: 9.72mg (11.78%), Fiber: 2.35g (9.39%), Manganese: 0.18mg (9.24%), Vitamin B2: 0.15mg (8.76%), Folate: 28.75µg (7.19%), Vitamin B6: 0.14mg (6.84%), Potassium: 226.32mg (6.47%), Vitamin B3: 1.14mg (5.72%), Copper: 0.11mg (5.49%), Magnesium: 21.76mg (5.44%), Vitamin B1: 0.08mg (5.39%), Iron: 0.92mg (5.1%), Phosphorus: 50.06mg (5.01%), Vitamin B5: 0.43mg (4.34%), Vitamin E: 0.64mg (4.28%), Calcium: 34.89mg (3.49%), Selenium: 2.3µg (3.28%), Zinc: 0.32mg (2.13%)