



Garlic Green Beans

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



51 kcal

SIDE DISH

Ingredients

- 1 pound green beans
- 1 tablespoon butter
- 2 teaspoons oregano dried fresh chopped
- 1 teaspoon garlic finely chopped
- 0.3 teaspoon salt
- 0.3 cup kalamata olives pitted cut in half

Equipment

- frying pan

sauce pan

Directions

- Place beans in 1 inch of water in 2-quart sauce-pan.
- Heat to boiling; reduce heat. Simmer uncovered 6 to 8 minutes or until crisp-tender; drain.
- Heat butter, oregano, garlic and salt in same saucepan over medium heat 1 to 2 minutes.
- Add beans and olives; toss to coat.

Nutrition Facts

 **PROTEIN 10.87%**  **FAT 46.23%**  **CARBS 42.9%**

Properties

Glycemic Index:13.5, Glycemic Load:1.54, Inflammation Score:-8, Nutrition Score:6.1034783659422%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 50.88kcal (2.54%), Fat: 2.94g (4.52%), Saturated Fat: 0.55g (3.45%), Carbohydrates: 6.13g (2.04%), Net Carbohydrates: 3.61g (1.31%), Sugar: 2.53g (2.81%), Cholesterol: 0mg (0%), Sodium: 211.44mg (9.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.11%), Vitamin K: 36.74µg (34.99%), Vitamin A: 638.59IU (12.77%), Vitamin C: 9.4mg (11.39%), Manganese: 0.21mg (10.26%), Fiber: 2.52g (10.08%), Folate: 26.73µg (6.68%), Vitamin B6: 0.12mg (6.09%), Iron: 1.06mg (5.89%), Magnesium: 21.52mg (5.38%), Potassium: 173.28mg (4.95%), Vitamin B2: 0.08mg (4.94%), Vitamin E: 0.72mg (4.79%), Vitamin B1: 0.07mg (4.37%), Calcium: 43.21mg (4.32%), Copper: 0.06mg (3.24%), Phosphorus: 31.24mg (3.12%), Vitamin B3: 0.6mg (3.02%), Vitamin B5: 0.18mg (1.82%), Zinc: 0.21mg (1.38%)