



## Garlic Green Beans

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



49 kcal

SIDE DISH

### Ingredients

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

### 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 10.9%** **FAT 47.73%** **CARBS 41.37%**

## Properties

Glycemic Index:12.67, Glycemic Load:1.53, Inflammation Score:-5, Nutrition Score:5.5543478510302%

## 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: 49.11kcal (2.46%), Fat: 2.91g (4.47%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 3.43g (1.25%), Sugar: 2.5g (2.78%), Cholesterol: 0mg (0%), Sodium: 211.27mg (9.19%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.49g (2.99%), Vitamin K: 32.59µg (31.04%), Vitamin A: 627.25IU (12.54%), Vitamin C: 9.38mg (11.37%), Fiber: 2.24g (8.95%), Manganese: 0.17mg (8.6%), Folate: 25.15µg (6.29%), Vitamin B6: 0.11mg (5.74%), Magnesium: 19.72mg (4.93%), Vitamin B2: 0.08mg (4.73%), Potassium: 164.88mg (4.71%), Iron: 0.82mg (4.53%), Vitamin B1: 0.06mg (4.29%), Vitamin E: 0.6mg (3.98%), Calcium: 32.56mg (3.26%), Phosphorus: 30.25mg (3.03%), Copper: 0.06mg (3.02%), Vitamin B3: 0.57mg (2.86%), Vitamin B5: 0.18mg (1.76%), Zinc: 0.19mg (1.26%)