



WHATSheATE



Garlic Green Beans



Vegetarian



Gluten Free

READY IN



23 min.

SERVINGS



8

CALORIES



57 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 3 garlic cloves minced
- ☐ 1.5 pounds tiny green beans trimmed (haricots verts)
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon pepper freshly ground

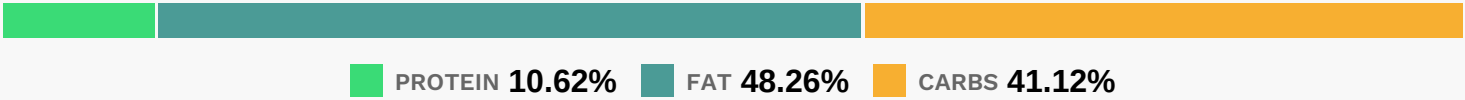
Equipment

- ☐ frying pan

Directions

- ☐ Cook green beans in boiling salted water to cover 3 minutes or until crisp-tender; drain. Plunge green beans into ice water to stop the cooking process, and drain.
- ☐ Melt butter with oil in a medium skillet over medium-high heat; add green beans, garlic, salt, and pepper, and saut 4 to 5 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:1.81, Inflammation Score:-5, Nutrition Score:6.3308696249581%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 56.69kcal (2.83%), Fat: 3.37g (5.18%), Saturated Fat: 1.19g (7.43%), Carbohydrates: 6.46g (2.15%), Net Carbohydrates: 4.08g (1.48%), Sugar: 2.79g (3.1%), Cholesterol: 3.76mg (1.25%), Sodium: 307.32mg (13.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Vitamin K: 38.18µg (36.36%), Vitamin C: 10.73mg (13%), Vitamin A: 632.04IU (12.64%), Manganese: 0.24mg (11.76%), Fiber: 2.38g (9.53%), Folate: 28.19µg (7.05%), Vitamin B6: 0.13mg (6.73%), Magnesium: 22.01mg (5.5%), Potassium: 187.78mg (5.37%), Vitamin B2: 0.09mg (5.34%), Iron: 0.93mg (5.18%), Vitamin B1: 0.07mg (4.82%), Vitamin E: 0.64mg (4.3%), Calcium: 35.23mg (3.52%), Phosphorus: 34.85mg (3.49%), Copper: 0.07mg (3.28%), Vitamin B3: 0.64mg (3.18%), Vitamin B5: 0.2mg (2.03%), Zinc: 0.22mg (1.48%)