



Garlic-Tarragon Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



45 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds green beans fresh thin
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons salt
- ☐ 0.5 teaspoon tarragon leaves dried
- ☐ 2 quarts water

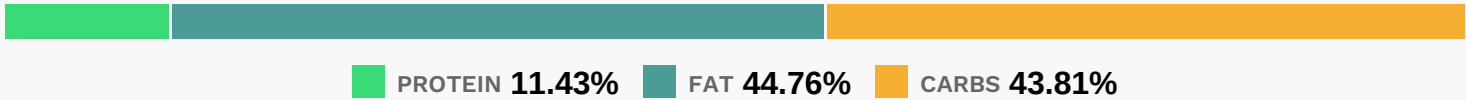
Equipment

☐ dutch oven

Directions

- ☐ Bring 2 quarts water and 2 tablespoons salt to a boil in a Dutch oven; add beans. Cook 6 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain.
- ☐ Saut garlic and tarragon in hot oil in Dutch oven over medium heat 2 to 3 minutes or until garlic is tender. (Do not brown garlic.)
- ☐ Add beans, salt, and pepper, and cook, stirring constantly, 2 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:1.57, Inflammation Score:-5, Nutrition Score:5.6386955561845%

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: 0.11mg, 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: 45.26kcal (2.26%), Fat: 2.51g (3.86%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 5.53g (1.84%), Net Carbohydrates: 3.45g (1.25%), Sugar: 2.47g (2.74%), Cholesterol: 0mg (0%), Sodium: 1272.26mg (55.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.89%), Vitamin K: 34.06µg (32.44%), Vitamin C: 9.42mg (11.42%), Vitamin A: 525.63IU (10.51%), Manganese: 0.19mg (9.61%), Fiber: 2.08g (8.32%), Folate: 25.21µg (6.3%), Vitamin B6: 0.12mg (5.75%), Magnesium: 21.07mg (5.27%), Vitamin B2: 0.08mg (4.73%), Potassium: 165.43mg (4.73%), Iron: 0.85mg (4.7%), Vitamin E: 0.65mg (4.31%), Vitamin B1: 0.06mg (4.22%), Copper: 0.08mg (4.08%), Calcium: 35.73mg (3.57%), Phosphorus: 29.89mg (2.99%), Vitamin B3: 0.57mg (2.83%), Vitamin B5: 0.17mg (1.74%), Zinc: 0.21mg (1.4%)