



Garlicky Green Beans



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



55 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon butter
- ☐ 1 garlic clove minced
- ☐ 2 cups green beans trimmed
- ☐ 0.1 teaspoon sea salt

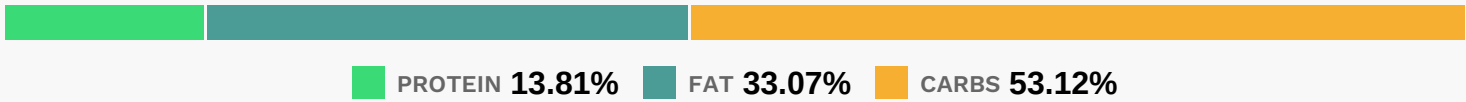
Equipment

- ☐ frying pan

Directions

- ☐ Cook beans in boiling water 2 minutes.
- ☐ Drain and plunge beans into ice water; drain.
- ☐ Melt butter in a small nonstick skillet coated with cooking spray over medium heat.
- ☐ Add beans, salt, pepper, and garlic; cook 2 minutes or until heated.

Nutrition Facts



Properties

Glycemic Index:79, Glycemic Load:2.32, Inflammation Score:-6, Nutrition Score:7.9391304387347%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 54.57kcal (2.73%), Fat: 2.28g (3.51%), Saturated Fat: 1.34g (8.39%), Carbohydrates: 8.24g (2.75%), Net Carbohydrates: 5.21g (1.9%), Sugar: 3.6g (4%), Cholesterol: 5.38mg (1.79%), Sodium: 168.3mg (7.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.29%), Vitamin K: 47.71µg (45.43%), Vitamin C: 13.89mg (16.83%), Vitamin A: 822.29IU (16.45%), Manganese: 0.28mg (13.95%), Fiber: 3.03g (12.13%), Folate: 36.44µg (9.11%), Vitamin B6: 0.17mg (8.71%), Magnesium: 28.14mg (7.04%), Vitamin B2: 0.12mg (6.89%), Potassium: 240.41mg (6.87%), Iron: 1.17mg (6.51%), Vitamin B1: 0.09mg (6.23%), Phosphorus: 44.89mg (4.49%), Calcium: 44.66mg (4.47%), Copper: 0.08mg (4.11%), Vitamin B3: 0.82mg (4.1%), Vitamin E: 0.51mg (3.41%), Vitamin B5: 0.26mg (2.61%), Zinc: 0.29mg (1.9%), Selenium: 0.9µg (1.29%)