



Garlicky Green Beans and Peas

 **Gluten Free**

READY IN



6 min.

SERVINGS



4

CALORIES



93 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 1 teaspoon garlic minced
- 1 cup green beans frozen thawed
- 1 cup peas frozen thawed
- 2 tablespoons pimientos diced
- 4 servings salt and pepper black freshly ground
- 0.5 teaspoon citrus herb seasoning (recommended: Spice Island)

Equipment

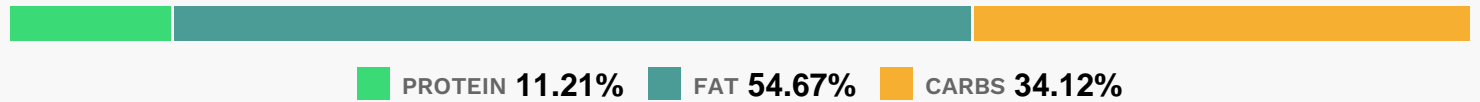
pot

Directions

In medium saucepot, over medium-high heat, melt butter.

Add remaining ingredients and cook for 4 to 5 minutes, or until heated through.

Nutrition Facts



Properties

Glycemic Index:63.08, Glycemic Load:2.16, Inflammation Score:-6, Nutrition Score:7.6047826726799%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 93.18kcal (4.66%), Fat: 5.94g (9.14%), Saturated Fat: 3.65g (22.83%), Carbohydrates: 8.35g (2.78%), Net Carbohydrates: 5.06g (1.84%), Sugar: 3.24g (3.6%), Cholesterol: 15.05mg (5.02%), Sodium: 50.05mg (2.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.48%), Vitamin C: 25.9mg (31.4%), Vitamin K: 26.08µg (24.84%), Vitamin A: 852.21IU (17.04%), Manganese: 0.27mg (13.55%), Fiber: 3.28g (13.14%), Folate: 34.87µg (8.72%), Vitamin B1: 0.12mg (8.24%), Vitamin B6: 0.14mg (6.8%), Iron: 1.22mg (6.78%), Phosphorus: 55.07mg (5.51%), Magnesium: 21.52mg (5.38%), Vitamin B3: 1.05mg (5.27%), Vitamin B2: 0.09mg (5.21%), Potassium: 174.73mg (4.99%), Copper: 0.09mg (4.74%), Zinc: 0.57mg (3.77%), Vitamin E: 0.5mg (3.33%), Calcium: 33.08mg (3.31%), Selenium: 1.04µg (1.49%), Vitamin B5: 0.12mg (1.2%)