



WHATSheATE



Garlicky Green Beans with Pine Nuts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



106 kcal

SIDE DISH

Ingredients

- ☐ 2 large cloves garlic thinly sliced
- ☐ 1.5 pounds green beans trimmed
- ☐ 8 servings salt and pepper
- ☐ 2 tablespoons olive oil
- ☐ 2 ounces pinenuts

Equipment

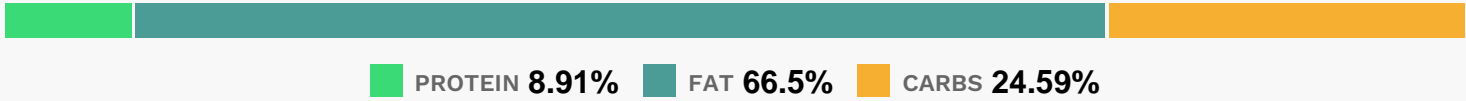
- ☐ bowl
- ☐ frying pan

☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the green beans and cook until just tender, 3 to 5 minutes. Meanwhile, heat the oil in a large skillet over medium heat.
- ☐ Add the garlic and cook, stirring, for 1 minute.
- ☐ Add the pine nuts and cook until golden brown, about 3 minutes.
- ☐ Drain the green beans and transfer to the skillet.
- ☐ Add 1/2 teaspoon salt and 1/4 teaspoon pepper and toss to coat.
- ☐ Transfer to a serving bowl.
Make-Ahead Note: This dish can be partially prepared up to 2 days in advance. Blanch the green beans by boiling until tender. Plunge them into an ice bath to stop the cooking.
- ☐ Drain and refrigerate, covered, until ready to saut with the garlic and pine nuts. Cook the green beans until heated through.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:1.74, Inflammation Score:-6, Nutrition Score:9.0447826463243%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 106.12kcal (5.31%), Fat: 8.54g (13.14%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 7.1g (2.37%), Net Carbohydrates: 4.53g (1.65%), Sugar: 3.03g (3.37%), Cholesterol: 0mg (0%), Sodium: 199.23mg (8.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.15%), Manganese: 0.82mg (41.03%), Vitamin K: 42.51µg (40.49%), Vitamin C: 10.67mg (12.93%), Vitamin A: 588.96IU (11.78%), Fiber: 2.57g (10.3%), Vitamin E: 1.51mg (10.1%), Magnesium: 39.24mg (9.81%), Copper: 0.15mg (7.73%), Folate: 30.5µg (7.62%), Phosphorus: 74.22mg (7.42%), Iron: 1.3mg (7.23%), Vitamin B6: 0.14mg (6.79%), Vitamin B1: 0.1mg (6.47%), Potassium: 224.85mg (6.42%), Vitamin B2:

0.11mg (6.2%), Vitamin B3: 0.94mg (4.7%), Zinc: 0.67mg (4.47%), Calcium: 34.11mg (3.41%), Vitamin B5: 0.22mg (2.18%)