



Ginger-Roasted Green Beans



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



76 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon ginger fresh grated
- ☐ 1 pound green beans fresh
- ☐ 0.3 teaspoon thyme leaves fresh chopped
- ☐ 1 garlic clove sliced
- ☐ 2 tablespoons olive oil
- ☐ 6 servings try build-a-meal
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sesame oil

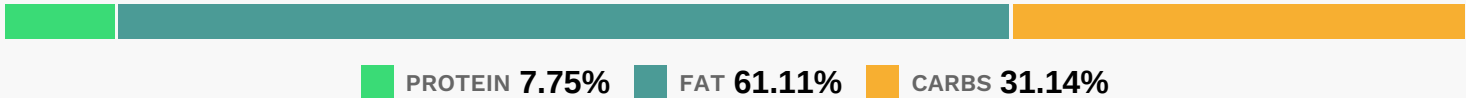
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Combine first 5 ingredients in a jellyroll pan; add green beans, tossing to coat.
- ☐ Bake at 400, stirring occasionally, for 20 minutes or until beans are crisp-tender. Toss in ginger.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:1.56, Inflammation Score:-5, Nutrition Score:6.0517391847528%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg 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

Nutrients (% of daily need)

Calories: 75.58kcal (3.78%), Fat: 5.54g (8.52%), Saturated Fat: 0.78g (4.89%), Carbohydrates: 6.35g (2.12%), Net Carbohydrates: 4.04g (1.47%), Sugar: 2.5g (2.78%), Cholesterol: 0mg (0%), Sodium: 392.46mg (17.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.16%), Vitamin K: 35.48µg (33.79%), Manganese: 0.24mg (12.19%), Vitamin C: 9.57mg (11.6%), Vitamin A: 525.75IU (10.51%), Fiber: 2.31g (9.25%), Vitamin E: 1.01mg (6.72%), Folate: 25.28µg (6.32%), Vitamin B6: 0.12mg (5.95%), Magnesium: 22.15mg (5.54%), Iron: 0.9mg (5.01%), Potassium: 174.29mg (4.98%), Vitamin B2: 0.08mg (4.88%), Vitamin B1: 0.07mg (4.42%), Phosphorus: 36.3mg (3.63%), Copper: 0.06mg (3.2%), Vitamin B3: 0.62mg (3.12%), Calcium: 30.25mg (3.02%), Vitamin B5: 0.19mg (1.91%), Zinc: 0.25mg (1.66%), Selenium: 1.04µg (1.49%)