



## Gingered Green Beans

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**113 kcal**

**SIDE DISH**

### Ingredients

- 1 extra large ham-flavor bouillon cube
- 2 tablespoons butter
- 2 tablespoons ginger fresh minced peeled
- 1 pound green beans fresh trimmed
- 2 garlic cloves minced
- 1 halves garnish: pecan toasted
- 0.3 cup pecans toasted finely chopped
- 0.5 teaspoon seasoned pepper

- 0.5 teaspoon salt
- 1 small onion diced sweet
- 3 cups water

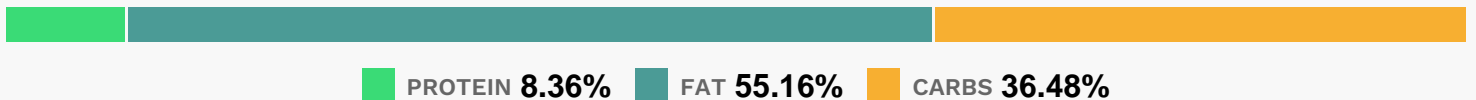
## Equipment

- frying pan
- sauce pan

## Directions

- Bring 3 cups water to a boil in a large saucepan over medium-high heat. Stir in bouillon cube until dissolved.
- Add green beans, and cook 4 to 6 minutes or until crisp-tender; drain.
- Melt butter in a large nonstick skillet over medium-high heat.
- Add onion, garlic, and ginger; saut 2 minutes.
- Add beans, salt, and pepper; saut 1 minute or until thoroughly heated.
- Transfer to a serving dish, and sprinkle with pecans.
- Garnish, if desired.
- NOTE: For testing purposes only, we used Knorr bouillon cubes.

## Nutrition Facts



## Properties

Glycemic Index:23.83, Glycemic Load:1.67, Inflammation Score:-7, Nutrition Score:8.1513042631357%

## Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.97mg, Kaempferol: 0.97mg,

Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 10.09mg, Quercetin: 10.09mg, Quercetin: 10.09mg, Quercetin: 10.09mg

## Nutrients (% of daily need)

Calories: 112.55kcal (5.63%), Fat: 7.46g (11.48%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 11.1g (3.7%), Net Carbohydrates: 7.99g (2.91%), Sugar: 5.57g (6.19%), Cholesterol: 0.03mg (0.01%), Sodium: 413.17mg (17.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.09%), Vitamin K: 33.13µg (31.55%), Manganese: 0.47mg (23.32%), Vitamin C: 12.36mg (14.98%), Vitamin A: 692.79IU (13.86%), Fiber: 3.11g (12.42%), Vitamin B6: 0.21mg (10.34%), Folate: 39.26µg (9.82%), Copper: 0.17mg (8.5%), Magnesium: 32.84mg (8.21%), Vitamin B1: 0.12mg (8.05%), Potassium: 265.33mg (7.58%), Phosphorus: 62.01mg (6.2%), Iron: 1.11mg (6.15%), Vitamin B2: 0.1mg (5.96%), Calcium: 50.74mg (5.07%), Vitamin B3: 0.73mg (3.67%), Vitamin E: 0.54mg (3.61%), Zinc: 0.5mg (3.36%), Vitamin B5: 0.28mg (2.84%), Selenium: 1.26µg (1.8%)