



## Gingered Green Beans

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



66 kcal

SIDE DISH

### Ingredients

- 1 tablespoon butter
- 3 cups chicken broth fat-free low-sodium
- 2 tablespoons ginger fresh minced peeled
- 1 pound green beans fresh trimmed
- 2 garlic cloves minced
- 0.5 teaspoon seasoned pepper
- 0.3 teaspoon salt
- 1 small onion diced sweet

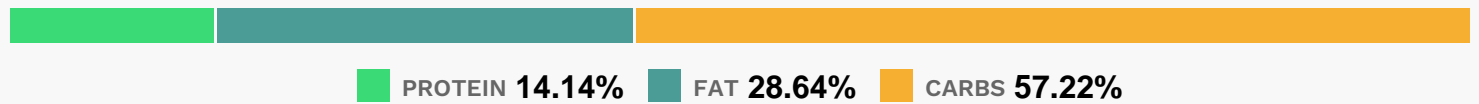
## Equipment

- frying pan
- sauce pan

## Directions

- Bring broth to a boil in a large saucepan over medium-high heat.
- 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.

## Nutrition Facts



## Properties

Glycemic Index:28.83, Glycemic Load:1.65, Inflammation Score:-6, Nutrition Score:7.6508695664613%

## Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg 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: 66.13kcal (3.31%), Fat: 2.32g (3.57%), Saturated Fat: 1.25g (7.78%), Carbohydrates: 10.45g (3.48%), Net Carbohydrates: 7.8g (2.84%), Sugar: 5.46g (6.06%), Cholesterol: 5.02mg (1.67%), Sodium: 585.57mg (25.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.16%), Vitamin K: 33.13µg (31.55%), Vitamin C: 12.3mg (14.91%), Manganese: 0.26mg (13.06%), Vitamin A: 581.49IU (11.63%), Fiber: 2.65g (10.59%), Vitamin B6: 0.21mg (10.54%), Folate: 39.16µg (9.79%), Potassium: 275.7mg (7.88%), Vitamin B2: 0.12mg (6.85%), Magnesium: 26.59mg (6.65%), Vitamin B3: 1.29mg (6.44%), Vitamin B1: 0.1mg (6.36%), Iron: 1.13mg (6.27%), Phosphorus: 59.25mg (5.93%), Copper: 0.12mg (5.76%), Selenium: 3.42µg (4.88%), Calcium: 47.09mg (4.71%), Vitamin B12: 0.23µg (3.85%), Vitamin B5: 0.38mg (3.76%), Vitamin E: 0.38mg (2.56%), Zinc: 0.3mg (2%)