



Gluten-Free Garlic Green Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



58 kcal

SIDE DISH

Ingredients

- 3 cups green beans frozen
- 1 tablespoon vegetable oil
- 1 teaspoon garlic powder
- 1 teaspoon lawry's seasoned salt
- 1 teaspoon juice of lemon
- 0.3 teaspoon pepper
- 1 Dash pepper red crushed
- 2 tablespoons slivered almonds toasted

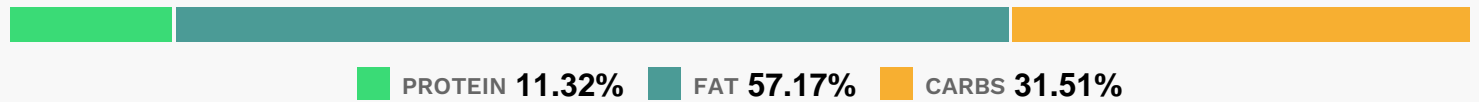
Equipment

stove

Directions

- Cook and drain green beans as directed on bag for stove-top directions.
- Stir in remaining ingredients except almonds. Cook over low heat 1 to 2 minutes or until hot.
- Sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:1.14, Inflammation Score:-4, Nutrition Score:5.233913053637%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 58.48kcal (2.92%), Fat: 4.06g (6.25%), Saturated Fat: 0.5g (3.14%), Carbohydrates: 5.04g (1.68%), Net Carbohydrates: 3.06g (1.11%), Sugar: 1.97g (2.19%), Cholesterol: 0mg (0%), Sodium: 391.51mg (17.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.62%), Vitamin K: 27.97µg (26.64%), Manganese: 0.21mg (10.59%), Vitamin C: 7.04mg (8.53%), Vitamin E: 1.28mg (8.51%), Fiber: 1.98g (7.9%), Vitamin A: 384.98IU (7.7%), Magnesium: 23.36mg (5.84%), Vitamin B2: 0.1mg (5.67%), Folate: 20.04µg (5.01%), Vitamin B6: 0.09mg (4.57%), Potassium: 148.82mg (4.25%), Iron: 0.73mg (4.08%), Phosphorus: 39.25mg (3.93%), Copper: 0.08mg (3.83%), Vitamin B1: 0.05mg (3.63%), Calcium: 30.43mg (3.04%), Vitamin B3: 0.53mg (2.66%), Zinc: 0.25mg (1.69%), Vitamin B5: 0.15mg (1.46%)