



## Good Good Green Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



730 min.

SERVINGS



6

CALORIES



173 kcal

SIDE DISH

### Ingredients

- 14.5 ounce bean sprouts drained canned
- 1 teaspoon garlic powder
- 29 ounce green beans french-style drained canned
- 1 small onion red sliced
- 0.5 cup salad oil
- 0.5 cup sugar white
- 0.5 cup vinegar white

### Equipment

bowl

## Directions

In a large bowl, combine vinegar, oil, sugar, garlic powder, onion, green beans and bean sprouts. Cover and marinate overnight in the refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:33.02, Glycemic Load:14.72, Inflammation Score:-8, Nutrition Score:14.457391396813%

## Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg

## Nutrients (% of daily need)

Calories: 173.01kcal (8.65%), Fat: 4.23g (6.51%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 32.3g (10.77%), Net Carbohydrates: 27.02g (9.82%), Sugar: 24.73g (27.48%), Cholesterol: 0mg (0%), Sodium: 13.96mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.75%), Vitamin K: 84.27µg (80.25%), Vitamin C: 27.12mg (32.88%), Manganese: 0.47mg (23.28%), Folate: 90.73µg (22.68%), Fiber: 5.29g (21.16%), Vitamin A: 960.21IU (19.2%), Vitamin B6: 0.28mg (14.19%), Vitamin B2: 0.24mg (13.9%), Magnesium: 51.07mg (12.77%), Potassium: 424.69mg (12.13%), Vitamin B1: 0.18mg (12.03%), Iron: 2.12mg (11.76%), Copper: 0.22mg (10.96%), Phosphorus: 97.3mg (9.73%), Vitamin E: 1.29mg (8.6%), Vitamin B3: 1.54mg (7.72%), Calcium: 65.66mg (6.57%), Vitamin B5: 0.59mg (5.95%), Zinc: 0.66mg (4.4%), Selenium: 1.65µg (2.36%)