



HEALTH SCORE

60%

Green and Yellow Wax Beans with Roasted Pepper



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



79 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 garlic clove minced
- ☐ 0.8 pound green beans trimmed
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 1 teaspoon olive oil
- ☐ 2 tablespoons pinenuts toasted

- ☐ 1 bell pepper red
- ☐ 0.5 teaspoon salt
- ☐ 1 bell pepper yellow
- ☐ 0.8 pound turtle beans yellow trimmed

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ slotted spoon

Directions

- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 10 minutes. Peel and cut into thin strips.
- ☐ Place green beans in a large saucepan of boiling water; cook 4 minutes.
- ☐ Remove with a slotted spoon. Plunge beans into ice water; drain.
- ☐ Add wax beans to boiling water; cook 4 minutes.
- ☐ Drain and plunge beans into ice water; drain.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add bell pepper strips, beans, garlic, salt, and black pepper; saut 2 minutes or until thoroughly heated.
- ☐ Remove from heat, and add the nuts, rind, and juice, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:2.18, Inflammation Score:-8, Nutrition Score:12.842173908068%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 78.64kcal (3.93%), Fat: 3.3g (5.08%), Saturated Fat: 0.3g (1.9%), Carbohydrates: 11.36g (3.79%), Net Carbohydrates: 8.15g (2.96%), Sugar: 2.9g (3.22%), Cholesterol: 0mg (0%), Sodium: 202.03mg (8.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.28%), Vitamin C: 82.62mg (100.14%), Vitamin K: 27.7µg (26.38%), Manganese: 0.48mg (24.05%), Folate: 91.44µg (22.86%), Vitamin A: 1053.82IU (21.08%), Fiber: 3.21g (12.84%), Magnesium: 43.13mg (10.78%), Potassium: 348.73mg (9.96%), Vitamin B6: 0.18mg (9.14%), Iron: 1.6mg (8.88%), Copper: 0.15mg (7.56%), Phosphorus: 73.35mg (7.34%), Vitamin E: 0.96mg (6.4%), Calcium: 53.04mg (5.3%), Vitamin B2: 0.09mg (5.29%), Vitamin B1: 0.08mg (5.13%), Vitamin B3: 0.94mg (4.71%), Zinc: 0.67mg (4.48%), Vitamin B5: 0.24mg (2.44%)