



Green Bean-and-Red Bell Pepper Toss

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



55 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 garlic cloves minced
- ☐ 16 oz green beans french
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 bell pepper red cut into thin strips
- ☐ 0.5 teaspoon salt
- ☐ 3 shallots sliced

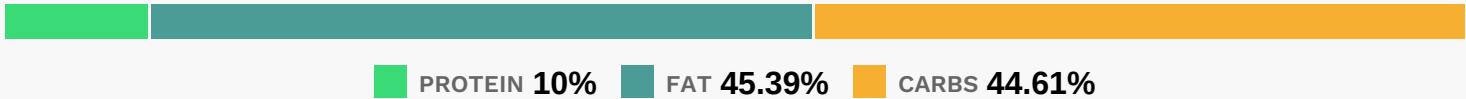
Equipment

☐ dutch oven

Directions

- ☐ Melt butter in a large Dutch oven over medium-high heat.
- ☐ Add green beans, bell pepper strips, and remaining ingredients, tossing to coat.
- ☐ Add 1/4 cup water.
- ☐ Cook, covered, 4 to 6 minutes; uncover and cook, stirring often, 1 to 2 more minutes or until water is evaporated and beans are crisp-tender.
- ☐ Sugar Snap Peas-and-Red Bell Pepper Toss: Substitute 1 lb. trimmed sugar snap peas for green beans. Proceed as directed.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:1.76, Inflammation Score:-7, Nutrition Score:6.6117390747304%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 54.51kcal (2.73%), Fat: 3.03g (4.66%), Saturated Fat: 1.84g (11.5%), Carbohydrates: 6.69g (2.23%), Net Carbohydrates: 4.52g (1.65%), Sugar: 3.22g (3.58%), Cholesterol: 7.53mg (2.51%), Sodium: 173.11mg (7.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Vitamin C: 26.97mg (32.69%), Vitamin K: 25.47µg (24.25%), Vitamin A: 957.87IU (19.16%), Manganese: 0.18mg (9%), Fiber: 2.17g (8.67%), Vitamin B6: 0.17mg (8.29%), Folate: 28.9µg (7.23%), Potassium: 186.84mg (5.34%), Magnesium: 18.24mg (4.56%), Vitamin B2: 0.08mg (4.46%), Iron: 0.78mg (4.32%), Vitamin B1: 0.06mg (4.13%), Vitamin E: 0.56mg (3.75%), Phosphorus: 33.12mg (3.31%), Vitamin B3: 0.59mg (2.95%), Calcium: 27.82mg (2.78%), Copper: 0.05mg (2.62%), Vitamin B5: 0.21mg (2.1%), Zinc: 0.22mg (1.49%)