



Green Beans and Arugula



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



84 kcal

SIDE DISH

Ingredients

- ☐ 6 cups arugula chopped
- ☐ 0.5 teaspoon pepper black
- ☐ 3 large garlic cloves thinly sliced lengthwise
- ☐ 1.5 lb green beans trimmed
- ☐ 1 teaspoon lemon zest fresh finely grated
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.8 teaspoon salt

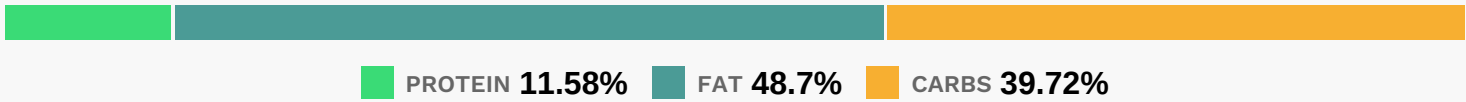
Equipment

- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Cook beans in a 6-quart pot of boiling salted water, uncovered, until tender, 4 to 6 minutes.
- ☐ Drain in a colander.
- ☐ Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté garlic, stirring, until golden, about 1 minute.
- ☐ Add beans, arugula, zest, salt, and pepper and cook, tossing, until arugula is wilted, about 2 minutes.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:2.52, Inflammation Score:-8, Nutrition Score:11.027826231459%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7.49mg, Kaempferol: 7.49mg, Kaempferol: 7.49mg, Kaempferol: 7.49mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg

Nutrients (% of daily need)

Calories: 84.22kcal (4.21%), Fat: 5.06g (7.79%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 9.29g (3.1%), Net Carbohydrates: 5.8g (2.11%), Sugar: 4.14g (4.6%), Cholesterol: 0mg (0%), Sodium: 303.29mg (13.19%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.71g (5.42%), Vitamin K: 73.67µg (70.16%), Vitamin A: 1258.26IU (25.17%), Vitamin C: 17.73mg (21.49%), Manganese: 0.36mg (17.81%), Folate: 56.94µg (14.23%), Fiber: 3.49g (13.96%), Vitamin B6: 0.19mg (9.71%), Magnesium: 38.47mg (9.62%), Potassium: 321.94mg (9.2%), Iron: 1.53mg (8.52%), Vitamin E: 1.23mg (8.18%), Vitamin B2: 0.14mg (8.08%), Calcium: 78.08mg (7.81%), Vitamin B1: 0.11mg (7.01%), Phosphorus: 56.09mg (5.61%), Copper: 0.1mg (5.03%), Vitamin B3: 0.91mg (4.54%), Vitamin B5: 0.35mg (3.55%), Zinc: 0.39mg (2.58%), Selenium: 0.96µg (1.38%)