



WHATSheATE



Green Beans and Potatoes in Chunky Tomato Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



65 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup celery chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1.3 pounds green beans trimmed
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1.5 tablespoons olive oil

- ☐ 0.8 pound plum tomatoes peeled coarsely chopped
- ☐ 1.5 cups potatoes – remove skin diced red
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup water

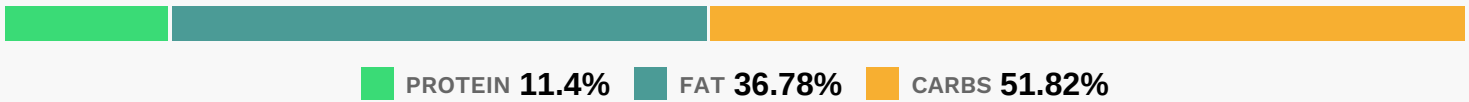
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil in a large skillet over medium–high heat.
- ☐ Add garlic to pan; saut 30 seconds, stirring constantly.
- ☐ Add potato, celery, salt, and beans; saut 1 minute.
- ☐ Add 1/4 cup water; cover and cook 5 minutes or until beans are crisp–tender.
- ☐ Add cilantro and tomatoes. Cover, reduce heat, and cook 4 minutes or until tomatoes begin to soften, stirring occasionally. Stir in peppers.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:1.9, Inflammation Score:–7, Nutrition Score:7.8586955614712%

Flavonoids

Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 64.63kcal (3.23%), Fat: 2.91g (4.48%), Saturated Fat: 0.42g (2.63%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 6.42g (2.33%), Sugar: 3.71g (4.12%), Cholesterol: 0mg (0%), Sodium: 160.13mg (6.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.07%), Vitamin K: 39.9µg (38%), Vitamin C: 16.22mg (19.66%), Vitamin A: 943.95IU (18.88%), Manganese: 0.25mg (12.33%), Fiber: 2.82g (11.29%), Potassium: 337.85mg (9.65%),

Folate: 35.07µg (8.77%), Vitamin B6: 0.17mg (8.49%), Magnesium: 26.73mg (6.68%), Vitamin E: 0.95mg (6.35%), Vitamin B1: 0.09mg (5.87%), Iron: 1.01mg (5.58%), Vitamin B2: 0.09mg (5.41%), Copper: 0.1mg (5%), Vitamin B3: 0.97mg (4.85%), Phosphorus: 48.41mg (4.84%), Calcium: 36.24mg (3.62%), Vitamin B5: 0.26mg (2.59%), Zinc: 0.31mg (2.05%)