



HEALTH SCORE

53%

Green Beans and Red Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



57 kcal

SIDE DISH

Ingredients



2 cups green beans fresh



0.5 medium bell pepper red cut into 2x1/4-inch strips



1 tablespoon dijon honey mustard

Equipment

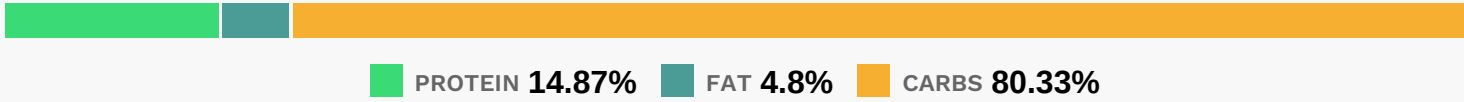


sauce pan

Directions

- ☐ In 1 1/2-quart saucepan, place beans in 1 inch water.
- ☐ Heat to boiling; reduce heat. Boil uncovered 5 minutes. Cover and boil 5 to 10 minutes longer or until beans are crisp-tender; drain.
- ☐ Stir bell pepper and honey mustard into beans.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:2.53, Inflammation Score:-8, Nutrition Score:11.533043426016%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 56.83kcal (2.84%), Fat: 0.33g (0.51%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 12.46g (4.15%), Net Carbohydrates: 8.87g (3.22%), Sugar: 6.34g (7.04%), Cholesterol: 0mg (0%), Sodium: 45.29mg (1.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Vitamin C: 51.5mg (62.42%), Vitamin K: 48.76µg (46.44%), Vitamin A: 1690.47IU (33.81%), Fiber: 3.59g (14.38%), Manganese: 0.27mg (13.55%), Folate: 49.99µg (12.5%), Vitamin B6: 0.24mg (12.08%), Potassium: 294.87mg (8.42%), Vitamin B2: 0.14mg (8.22%), Magnesium: 31.07mg (7.77%), Vitamin B1: 0.11mg (7.08%), Iron: 1.26mg (7.01%), Vitamin E: 0.92mg (6.14%), Vitamin B3: 1.1mg (5.49%), Phosphorus: 49.53mg (4.95%), Calcium: 42.78mg (4.28%), Copper: 0.08mg (4.05%), Vitamin B5: 0.34mg (3.42%), Zinc: 0.34mg (2.26%)