



Green Beans Dijon



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



19 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons dijon mustard
- ☐ 6 cups cut green beans (1-inch) ()
- ☐ 0.5 teaspoon salt

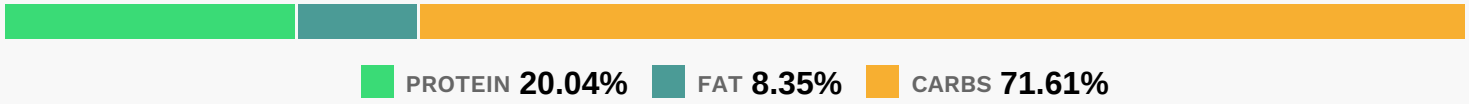
Equipment

- ☐ bowl
- ☐ casserole dish
- ☐ microwave

Directions

- ☐ Combine first 3 ingredients in a bowl.
- ☐ Place beans in a 2-quart casserole dish. Cover with lid; microwave on high 6 to 8 minutes. Uncover; stir in mustard mixture; toss well to coat. Cover and microwave on high 2 minutes.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:1.09, Inflammation Score:-4, Nutrition Score:3.9891304399656%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 18.68kcal (0.93%), Fat: 0.21g (0.32%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 3.99g (1.33%), Net Carbohydrates: 2.39g (0.87%), Sugar: 1.83g (2.03%), Cholesterol: 0mg (0%), Sodium: 127.7mg (5.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.23%), Vitamin K: 23.76µg (22.62%), Vitamin C: 6.72mg (8.15%), Vitamin A: 381.5IU (7.63%), Manganese: 0.13mg (6.74%), Fiber: 1.6g (6.41%), Folate: 18.33µg (4.58%), Vitamin B6: 0.08mg (3.97%), Magnesium: 15.02mg (3.76%), Vitamin B2: 0.06mg (3.47%), Potassium: 120.37mg (3.44%), Iron: 0.61mg (3.4%), Vitamin B1: 0.05mg (3.32%), Phosphorus: 23.67mg (2.37%), Calcium: 22.17mg (2.22%), Vitamin B3: 0.42mg (2.09%), Copper: 0.04mg (2.02%), Selenium: 1.18µg (1.69%), Vitamin E: 0.23mg (1.56%), Vitamin B5: 0.13mg (1.32%)