



Green Beans: Fagiolini in Padella



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



238 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon chile flakes dried
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 3 cloves garlic thinly sliced
- ☐ 1 pound green beans
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 1 small onion red cut into thin slices
- ☐ 4 servings salt and pepper black freshly ground

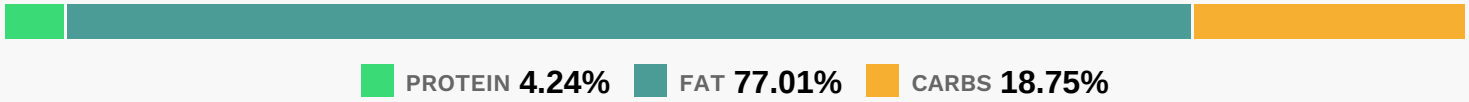
Equipment

☐ frying pan

Directions

- ☐ In a 12 to 14-inch saute pan, heat the olive oil over medium heat until just smoking.
- ☐ Add the onion, garlic, chile flakes, and mint and cook 1 minute.
- ☐ Add beans, toss to mix well and cook until beans are soft, about 15 minutes, stirring regularly. Season with salt and pepper and serve immediately.;

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:3.02, Inflammation Score:-7, Nutrition Score:10.883478299431%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 8.72mg, Quercetin: 8.72mg, Quercetin: 8.72mg, Quercetin: 8.72mg

Nutrients (% of daily need)

Calories: 237.68kcal (11.88%), Fat: 21.37g (32.88%), Saturated Fat: 2.98g (18.66%), Carbohydrates: 11.72g (3.91%), Net Carbohydrates: 7.84g (2.85%), Sugar: 4.92g (5.47%), Cholesterol: 0mg (0%), Sodium: 17.31mg (0.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.29%), Vitamin K: 62.24µg (59.28%), Vitamin E: 3.69mg (24.59%), Vitamin C: 16.97mg (20.57%), Vitamin A: 985.1IU (19.7%), Manganese: 0.35mg (17.7%), Fiber: 3.88g (15.5%), Vitamin B6: 0.23mg (11.66%), Folate: 44.3µg (11.07%), Potassium: 306.84mg (8.77%), Iron: 1.54mg (8.56%), Magnesium: 33.58mg (8.39%), Vitamin B2: 0.14mg (8%), Vitamin B1: 0.11mg (7.5%), Calcium: 57.7mg (5.77%), Phosphorus: 57.08mg (5.71%), Copper: 0.11mg (5.31%), Vitamin B3: 0.96mg (4.8%), Vitamin B5: 0.31mg (3.12%), Zinc: 0.38mg (2.54%), Selenium: 1.24µg (1.78%)