



Green Beans in a Mist



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



111 kcal

SIDE DISH

Ingredients

- ☐ 1 clove garlic finely chopped
- ☐ 1.5 pounds green beans ends trimmed
- ☐ 1 tablespoon olive oil
- ☐ 0.5 lb onion peeled finely chopped
- ☐ 2 ounces thin- prosciutto finely chopped (omit oil)
- ☐ 6 servings salt

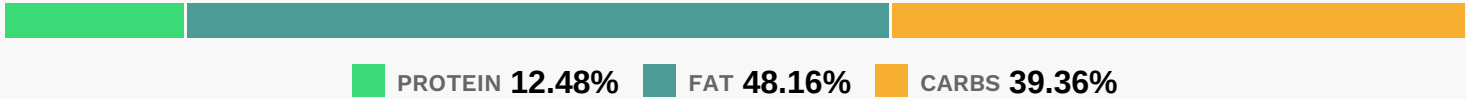
Equipment

- ☐ frying pan

Directions

- ☐ In a 10- to 12-inch frying pan over high heat, frequently stir oil, onion, garlic, and prosciutto until onion is lightly browned, 5 to 8 minutes; keep warm.
- ☐ Meanwhile, in a 4- to 5-quart covered pan, bring 3 quarts water to a boil over high heat.
- ☐ Add beans and cook, uncovered, until tender-crisp when pierced, 6 to 12 minutes, depending on variety.
- ☐ Drain beans and put in a shallow serving dish.
- ☐ Pour onion mixture over beans.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:17.17, Glycemic Load:3.05, Inflammation Score:-7, Nutrition Score:9.543043491633%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 10.78mg, Quercetin: 10.78mg, Quercetin: 10.78mg, Quercetin: 10.78mg

Nutrients (% of daily need)

Calories: 111.05kcal (5.55%), Fat: 6.37g (9.81%), Saturated Fat: 1.65g (10.32%), Carbohydrates: 11.72g (3.91%), Net Carbohydrates: 8.01g (2.91%), Sugar: 5.3g (5.89%), Cholesterol: 6.24mg (2.08%), Sodium: 264.8mg (11.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.43%), Vitamin K: 50.33µg (47.93%), Vitamin C: 16.79mg (20.35%), Vitamin A: 786.74IU (15.73%), Manganese: 0.3mg (15.18%), Fiber: 3.71g (14.86%), Vitamin B6: 0.24mg (11.83%), Folate: 44.62µg (11.15%), Vitamin B1: 0.14mg (9.16%), Potassium: 315.24mg (9.01%), Magnesium: 33.39mg (8.35%), Vitamin B2: 0.14mg (8.02%), Iron: 1.31mg (7.27%), Phosphorus: 68.43mg (6.84%), Vitamin B3: 1.26mg (6.3%), Vitamin E: 0.85mg (5.66%), Calcium: 52.17mg (5.22%), Copper: 0.1mg (4.93%), Selenium: 2.84µg (4.06%), Vitamin B5: 0.36mg (3.57%), Zinc: 0.45mg (3.03%)