



Green Beans in Cheese Sauce

 Vegetarian  Gluten Free

READY IN



12 min.

SERVINGS



2

CALORIES



38 kcal

SAUCE

Ingredients

- 1.3 cups cut green beans hot cooked drained
- 2 Tbsp milk
- 4 milk singles 2% cut into quarters kraft
- 0.3 tsp oregano leaves dried
- 0.3 cup tomatoes diced

Equipment

- sauce pan

Directions

- Toss all ingredients in medium saucepan; cover.
- Cook on medium heat 1 to 2 minutes or until 2% Milk Singles are melted, stirring until beans are evenly coated with sauce.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:1.96, Inflammation Score:-6, Nutrition Score:6.7291303302931%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 37.8kcal (1.89%), Fat: 0.74g (1.14%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 7.03g (2.34%), Net Carbohydrates: 4.66g (1.69%), Sugar: 3.88g (4.31%), Cholesterol: 1.96mg (0.65%), Sodium: 12.34mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Vitamin K: 34.94µg (33.28%), Vitamin C: 12.36mg (14.98%), Vitamin A: 743.03IU (14.86%), Manganese: 0.2mg (9.94%), Fiber: 2.37g (9.49%), Folate: 28.56µg (7.14%), Potassium: 241.72mg (6.91%), Vitamin B6: 0.14mg (6.78%), Vitamin B2: 0.11mg (6.27%), Magnesium: 23.69mg (5.92%), Calcium: 54.06mg (5.41%), Vitamin B1: 0.08mg (5.26%), Phosphorus: 51.15mg (5.11%), Iron: 0.91mg (5.03%), Vitamin B3: 0.71mg (3.57%), Copper: 0.07mg (3.35%), Vitamin E: 0.48mg (3.23%), Vitamin B5: 0.25mg (2.52%), Zinc: 0.3mg (1.97%), Vitamin B12: 0.09µg (1.53%), Selenium: 0.79µg (1.12%), Vitamin D: 0.17µg (1.1%)