



## Green Beans in Tomato Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



77 kcal

SAUCE

### Ingredients

- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 pound green beans fresh trimmed
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 clove garlic chopped
- ☐ 1 teaspoon ground cumin
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped

- ☐ 1 pinch sugar white to taste
- ☐ 1 tablespoon citrus champagne vinegar

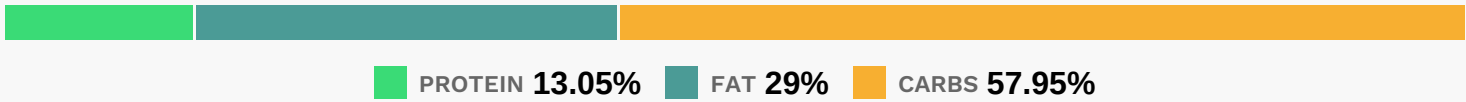
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

## Directions

- ☐ Bring a pot of lightly-salted water to a boil; stir in the green beans and return to a boil. Reduce the heat to medium, and cook the green beans until just tender, about 8 minutes.
- ☐ Drain.
- ☐ Heat 2 tablespoons of olive oil in a large skillet over medium heat; cook and stir the onion, 1 clove of garlic, and parsley in the hot oil until the onion is translucent, about 5 minutes. Stir in the tomatoes, wine vinegar, and cumin; bring the mixture to a boil, reduce heat to medium-low, and simmer for 30 minutes to thicken the sauce.
- ☐ Transfer the sauce to a bowl.
- ☐ In a clean skillet, heat 1 tablespoon of olive oil over medium-low heat; cook and stir 1 clove of chopped garlic in the hot oil until fragrant beginning to brown, 2 to 3 minutes. Return the cooked green beans to the skillet; cook and stir to reheat the beans and coat them with oil.
- ☐ Pour the sauce over the beans and stir to coat.
- ☐ Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:46.68, Glycemic Load:3.45, Inflammation Score:-7, Nutrition Score:10.053043417309%

## Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg

Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 76.92kcal (3.85%), Fat: 2.8g (4.3%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 12.57g (4.19%), Net Carbohydrates: 8.82g (3.21%), Sugar: 6.44g (7.16%), Cholesterol: 0mg (0%), Sodium: 96.99mg (4.22%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Vitamin K: 48.74µg (46.42%), Vitamin C: 17.96mg (21.77%), Manganese: 0.35mg (17.34%), Fiber: 3.75g (14.99%), Vitamin A: 730.28IU (14.61%), Vitamin B6: 0.24mg (12%), Potassium: 401.01mg (11.46%), Iron: 2.01mg (11.18%), Vitamin E: 1.52mg (10.16%), Folate: 38.42µg (9.6%), Copper: 0.19mg (9.58%), Magnesium: 36.38mg (9.1%), Vitamin B1: 0.13mg (8.37%), Vitamin B3: 1.44mg (7.21%), Vitamin B2: 0.12mg (7.16%), Calcium: 61.03mg (6.1%), Phosphorus: 59.14mg (5.91%), Vitamin B5: 0.39mg (3.9%), Zinc: 0.43mg (2.86%), Selenium: 1.05µg (1.5%)