



Green Beans Provençal

 Gluten Free

READY IN



14 min.

SERVINGS



6

CALORIES



50 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 garlic clove minced
- ☐ 0.5 pint grape tomatoes halved
- ☐ 16 oz cut green beans frozen thawed
- ☐ 2 teaspoons olive oil
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 0.3 teaspoon pepper
- ☐ 3 tablespoons onion red minced

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons water
- ☐ 2 tablespoons citrus champagne vinegar

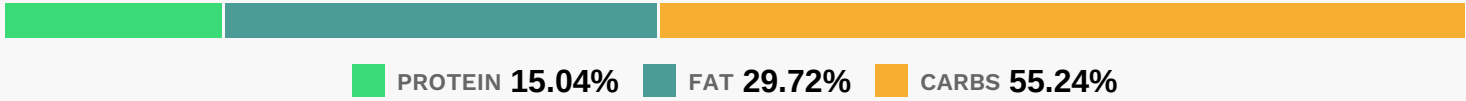
Equipment

- ☐ whisk

Directions

- ☐ Cook green beans in boiling salted water to cover 3 to 4 minutes or until crisp-tender; drain well.
- ☐ Combine beans, tomatoes, and onion; toss gently.
- ☐ Whisk together vinegar and next 7 ingredients until well combined.
- ☐ Pour over bean mixture; toss to coat.
- ☐ Serve at room temperature, or cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:2.05, Inflammation Score:-7, Nutrition Score:7.2569566277544%

Flavonoids

Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 49.85kcal (2.49%), Fat: 1.83g (2.81%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 7.63g (2.54%), Net Carbohydrates: 4.99g (1.81%), Sugar: 3.72g (4.13%), Cholesterol: 0.73mg (0.24%), Sodium: 118.99mg (5.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.16%), Vitamin K: 37.32µg (35.54%), Vitamin C: 15.2mg (18.42%), Vitamin A: 859.49IU (17.19%), Manganese: 0.24mg (12.01%), Fiber: 2.65g (10.59%), Folate: 32.01µg (8%), Potassium: 267.23mg (7.64%), Vitamin B6: 0.15mg (7.57%), Magnesium: 24.64mg (6.16%), Iron: 1mg (5.55%),

Vitamin B2: 0.09mg (5.37%), Vitamin B1: 0.08mg (5.36%), Vitamin E: 0.72mg (4.83%), Phosphorus: 46.3mg (4.63%), Calcium: 43.02mg (4.3%), Copper: 0.08mg (4.1%), Vitamin B3: 0.8mg (4.01%), Vitamin B5: 0.22mg (2.18%), Zinc: 0.3mg (2.03%), Selenium: 0.85µg (1.21%)