



Green Beans Provençale

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



60 kcal

SIDE DISH

Ingredients

- ☐ 24 small cherry tomatoes halved
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 pounds green beans fresh cut into 1 1/2-inch pieces
- ☐ 0.8 cup parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.5 teaspoon pepper

- ☐ 0.5 cup onion red chopped
- ☐ 0.3 cup water
- ☐ 0.3 cup citrus champagne vinegar

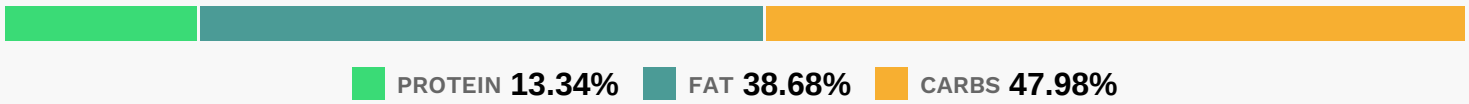
Equipment

- ☐ bowl

Directions

- ☐ Steam beans, covered, 8 minutes or until crisp-tender.
- ☐ Drain beans; plunge into cold water, and drain.
- ☐ Combine beans, tomatoes, and onion in a medium bowl.
- ☐ Combine the chopped parsley and remaining ingredients in a small bowl, stirring until well-blended.
- ☐ Pour over the vegetables, tossing gently to coat.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:13.92, Glycemic Load:1.72, Inflammation Score:-7, Nutrition Score:10.540869400472%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg

Nutrients (% of daily need)

Calories: 59.72kcal (2.99%), Fat: 2.82g (4.33%), Saturated Fat: 0.5g (3.15%), Carbohydrates: 7.85g (2.62%), Net Carbohydrates: 5.29g (1.92%), Sugar: 3.63g (4.04%), Cholesterol: 0.73mg (0.24%), Sodium: 26.04mg (1.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.37%), Vitamin K: 97.26µg (92.63%), Vitamin C: 22.66mg (27.46%), Vitamin A: 1013.22IU (20.26%), Manganese: 0.24mg (11.94%), Fiber: 2.56g (10.25%), Folate: 36.53µg

(9.13%), Potassium: 271.09mg (7.75%), Vitamin B6: 0.15mg (7.61%), Iron: 1.36mg (7.58%), Magnesium: 25.4mg (6.35%), Vitamin E: 0.87mg (5.83%), Vitamin B2: 0.1mg (5.61%), Vitamin B1: 0.08mg (5.47%), Phosphorus: 49.02mg (4.9%), Calcium: 48.32mg (4.83%), Copper: 0.09mg (4.52%), Vitamin B3: 0.8mg (4%), Vitamin B5: 0.24mg (2.44%), Zinc: 0.33mg (2.19%), Selenium: 1.03µg (1.47%)