



## Green Beans Tarragon

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons butter
- 3 tablespoons cooking wine dry white
- 1 pound green beans fresh
- 1 teaspoon tarragon fresh chopped
- 2 garlic cloves pressed
- 0.5 teaspoon pepper
- 0.5 teaspoon salt

### Equipment

frying pan

## Directions

- Melt butter in a CALPHALON Professional Hard-Anodized 3 quart Saut Pan over medium-high heat; add green beans, and saut 5 minutes or until crisp-tender.
- Add garlic and next 4 ingredients, and cook 1 minute.
- Serve immediately.

## Nutrition Facts

 **PROTEIN 9.56%**  **FAT 53.63%**  **CARBS 36.81%**

## Properties

Glycemic Index:48.25, Glycemic Load:2.59, Inflammation Score:-7, Nutrition Score:8.8926088806728%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

## Nutrients (% of daily need)

Calories: 99.05kcal (4.95%), Fat: 5.94g (9.13%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 9.17g (3.06%), Net Carbohydrates: 5.97g (2.17%), Sugar: 3.82g (4.25%), Cholesterol: 0mg (0%), Sodium: 364.68mg (15.86%), Alcohol: 1.16g (100%), Alcohol %: 1.09% (100%), Protein: 2.38g (4.76%), Vitamin K: 49.24µg (46.9%), Vitamin A: 1055.34IU (21.11%), Manganese: 0.36mg (17.78%), Vitamin C: 14.57mg (17.66%), Fiber: 3.19g (12.77%), Vitamin B6: 0.2mg (9.88%), Folate: 39.06µg (9.77%), Magnesium: 32.23mg (8.06%), Potassium: 274.7mg (7.85%), Iron: 1.41mg (7.85%), Vitamin B2: 0.13mg (7.71%), Vitamin B1: 0.1mg (6.58%), Calcium: 54.77mg (5.48%), Phosphorus: 50.98mg (5.1%), Vitamin E: 0.69mg (4.57%), Vitamin B3: 0.9mg (4.52%), Copper: 0.09mg (4.51%), Vitamin B5: 0.28mg (2.79%), Zinc: 0.33mg (2.18%), Selenium: 0.94µg (1.34%)