



## Green Beans With a Twist

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



321 kcal

SIDE DISH

### Ingredients

- 1 dash pepper black
- 1.5 teaspoons parsley dried
- 2 eggs
- 1 dash garlic powder
- 29 ounce green beans drained canned
- 1 tablespoon horseradish prepared
- 1 tablespoon juice of lemon
- 1 cup mayonnaise

- 1 dash onion powder
- 1 teaspoon worcestershire sauce

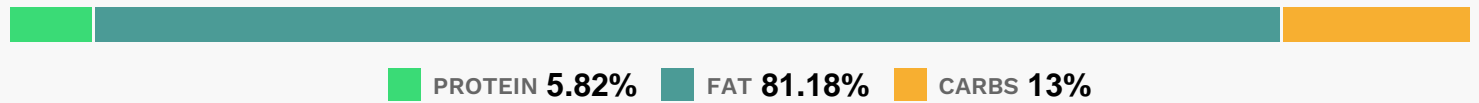
## Equipment

- bowl
- sauce pan

## Directions

- Place egg in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes.
- Remove from hot water, cool, peel and chop.
- In a large bowl combine eggs, green beans, mayonnaise, lemon juice, Worcestershire sauce, horseradish, pepper, garlic powder, onion powder and parsley.
- Serve chilled.

## Nutrition Facts



## Properties

Glycemic Index:28, Glycemic Load:2.87, Inflammation Score:-7, Nutrition Score:13.666521746179%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

## Nutrients (% of daily need)

Calories: 320.58kcal (16.03%), Fat: 29.65g (45.61%), Saturated Fat: 4.9g (30.62%), Carbohydrates: 10.68g (3.56%), Net Carbohydrates: 6.86g (2.49%), Sugar: 5.11g (5.68%), Cholesterol: 70.24mg (23.41%), Sodium: 289.89mg (12.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.78g (9.56%), Vitamin K: 120.23µg (114.51%), Vitamin C: 18.51mg (22.43%), Vitamin A: 1050.49IU (21.01%), Manganese: 0.31mg (15.65%), Fiber: 3.83g (15.31%), Folate: 56.14µg

(14.04%), Vitamin E: 1.95mg (12.99%), Vitamin B2: 0.22mg (12.92%), Vitamin B6: 0.23mg (11.29%), Iron: 1.83mg (10.15%), Potassium: 336.28mg (9.61%), Magnesium: 37.67mg (9.42%), Phosphorus: 91.26mg (9.13%), Selenium: 6.29µg (8.99%), Vitamin B1: 0.12mg (8.29%), Calcium: 65.53mg (6.55%), Vitamin B5: 0.6mg (6.05%), Copper: 0.12mg (5.88%), Vitamin B3: 1.04mg (5.2%), Zinc: 0.61mg (4.05%), Vitamin B12: 0.18µg (2.92%), Vitamin D: 0.37µg (2.45%)