



Green Beans With Blue Cheese

 Gluten Free

READY IN



32 min.

SERVINGS



6

CALORIES



154 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup cheese blue crumbled
- ☐ 1 cup ham cooked chopped
- ☐ 1 pound green beans fresh trimmed
- ☐ 1 teaspoon pepper
- ☐ 0.3 cup walnuts toasted chopped

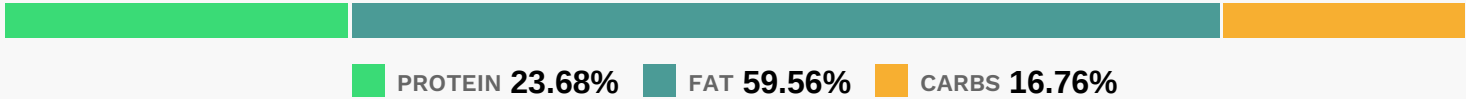
Equipment

- ☐ frying pan
- ☐ steamer basket

Directions

- ☐ Cut trimmed green beans into 2-inch pieces.
- ☐ Arrange beans in a steamer basket over boiling water. Cover and steam 5 minutes. Plunge beans into ice water to stop cooking process; drain.
- ☐ Saut 1 cup chopped ham in a large skillet over medium-high heat 2 minutes; add green beans, and saut 3 minutes.
- ☐ Add crumbled blue cheese, and cook, stirring constantly, 2 minutes or until cheese is melted.
- ☐ Add 1/3 cup chopped walnuts and 1 teaspoon pepper, tossing well.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.83, Glycemic Load:1.72, Inflammation Score:-6, Nutrition Score:10.677826054718%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 154.41kcal (7.72%), Fat: 10.69g (16.45%), Saturated Fat: 3.92g (24.48%), Carbohydrates: 6.77g (2.26%), Net Carbohydrates: 4.21g (1.53%), Sugar: 2.72g (3.02%), Cholesterol: 26.4mg (8.8%), Sodium: 416.32mg (18.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.57g (19.13%), Vitamin K: 33.63µg (32.03%), Manganese: 0.44mg (21.9%), Phosphorus: 172.04mg (17.2%), Vitamin C: 13.7mg (16.6%), Vitamin A: 653.51IU (13.07%), Vitamin B1: 0.19mg (12.62%), Calcium: 126.05mg (12.6%), Vitamin B2: 0.2mg (11.66%), Vitamin B6: 0.22mg (10.93%), Fiber: 2.56g (10.24%), Selenium: 6.96µg (9.95%), Folate: 38.01µg (9.5%), Copper: 0.19mg (9.41%), Magnesium: 37.58mg (9.39%), Zinc: 1.26mg (8.37%), Potassium: 288.73mg (8.25%), Vitamin B12: 0.47µg (7.86%), Vitamin B3: 1.47mg (7.36%), Iron: 1.21mg (6.74%), Vitamin B5: 0.67mg (6.68%), Vitamin E: 0.4mg (2.67%)