



Green Beans with Bread Crumbs

READY IN



25 min.

SERVINGS



4

CALORIES



211 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon basil dried
- 1 pound green beans fresh washed and trimmed
- 0.3 teaspoon garlic powder
- 0.3 cup olive oil
- 0.3 teaspoon oregano dried
- 0.3 cup parmesan cheese grated
- 4 servings salt and pepper to taste
- 0.3 cup seasoned bread crumbs italian-style
- 0.5 cup water

Equipment

bowl

pot

Directions

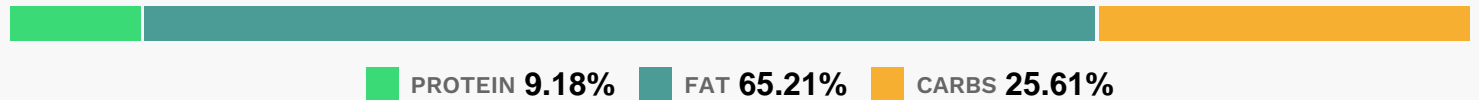
Combine green beans and 1/2 cup water in a medium pot. Cover, and bring to boil. Reduce heat to medium, and let beans cook for 10 minutes, or until tender.

Drain well.

Place beans in a medium serving bowl, and mix in bread crumbs, olive oil, salt, pepper, garlic powder, oregano and basil. Toss mixture until the beans are coated.

Sprinkle with Parmesan cheese, and serve.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:2.23, Inflammation Score:-7, Nutrition Score:11.280869704874%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 210.63kcal (10.53%), Fat: 15.92g (24.49%), Saturated Fat: 3g (18.73%), Carbohydrates: 14.07g (4.69%), Net Carbohydrates: 10.55g (3.83%), Sugar: 4.14g (4.6%), Cholesterol: 5.51mg (1.84%), Sodium: 412.11mg (17.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.08%), Vitamin K: 62.29µg (59.33%), Vitamin A: 853.58IU (17.07%), Vitamin C: 14.04mg (17.02%), Manganese: 0.34mg (16.94%), Vitamin E: 2.49mg (16.61%), Fiber: 3.52g (14.09%), Folate: 47.3µg (11.82%), Calcium: 115.54mg (11.55%), Vitamin B1: 0.17mg (11.19%), Vitamin B2: 0.17mg (10.14%), Iron: 1.76mg (9.75%), Phosphorus: 97.12mg (9.71%), Vitamin B6: 0.18mg (9.15%), Magnesium: 35.21mg (8.8%), Potassium: 273.73mg (7.82%), Selenium: 4.77µg (6.82%), Vitamin B3: 1.31mg (6.55%), Copper: 0.11mg (5.35%), Zinc: 0.67mg (4.45%), Vitamin B5: 0.33mg (3.25%), Vitamin B12: 0.11µg (1.84%)