



Green Beans With Caramelized Garlic



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



39 min.

SERVINGS



8

CALORIES



64 kcal

SIDE DISH

Ingredients

- ☐ 1 garlic bulb
- ☐ 2 pounds green beans trimmed
- ☐ 0.5 cup olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 1 bell pepper red cut into thin strips
- ☐ 0.5 teaspoon salt

Equipment

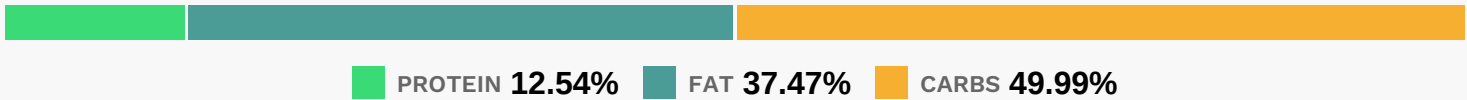
- ☐ sauce pan

- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Peel garlic cloves, and place in a small saucepan with olive oil. Cook over medium heat, stirring often, 6 to 7 minutes or until tender and golden.
- ☐ Remove garlic, using a slotted spoon. Reserve garlic and 2 Tbsp. garlic oil; store remaining oil in refrigerator.
- ☐ Cook beans in boiling salted water to cover in a Dutch oven 8 to 9 minutes or until crisp-tender; drain. Plunge into salted ice water to stop the cooking process; drain.
- ☐ Saut bell pepper in 2 Tbsp. hot reserved garlic oil in Dutch oven over medium heat 3 minutes or until tender.
- ☐ Add beans and garlic cloves, tossing to coat; cook 4 to 5 minutes or until thoroughly heated. Toss beans with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:2.46, Inflammation Score:-8, Nutrition Score:10.086086983266%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg 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: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 63.76kcal (3.19%), Fat: 3g (4.62%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 9g (3%), Net Carbohydrates: 5.59g (2.03%), Sugar: 4.33g (4.81%), Cholesterol: 0mg (0%), Sodium: 152.88mg (6.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Vitamin K: 51.33µg (48.88%), Vitamin C: 32.99mg (39.99%), Vitamin A: 1248.9IU (24.98%), Manganese: 0.28mg (14.21%), Fiber: 3.41g (13.65%), Folate: 44.3µg (11.07%), Vitamin B6: 0.21mg (10.41%), Potassium: 273.88mg (7.83%), Vitamin B2: 0.13mg (7.72%), Magnesium: 30.45mg (7.61%), Vitamin E: 1.09mg (7.27%), Iron: 1.27mg (7.04%), Vitamin B1: 0.1mg (6.79%), Vitamin B3: 0.98mg (4.91%), Phosphorus: 47.73mg (4.77%), Calcium: 44.35mg (4.43%), Copper: 0.08mg (4.18%), Vitamin B5: 0.31mg (3.06%),

Zinc: 0.32mg (2.1%), Selenium: 0.75µg (1.08%)