



Green Beans with Celery-Salt Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



25 min.

SERVINGS



8

CALORIES



60 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon celery salt
- ☐ 2 pounds green beans trimmed
- ☐ 2 tablespoons butter unsalted softened

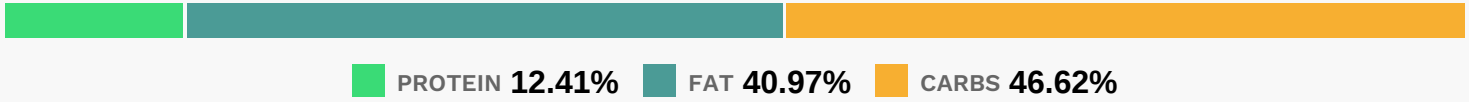
Equipment

- ☐ pot

Directions

- ☐ Cook green beans in a large pot of boiling salted water (1 tablespoon salt for 5 quarts water) until just tender, 5 to 7 minutes. Meanwhile, stir together butter and celery salt.
- ☐ Drain beans, then toss with butter and season with pepper.
- ☐ Marimar Estate Don Miguel Vineyard '06

Nutrition Facts



Properties

Glycemic Index:5.75, Glycemic Load:2.23, Inflammation Score:-6, Nutrition Score:7.9465217101185%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg 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: 60.25kcal (3.01%), Fat: 3.09g (4.75%), Saturated Fat: 1.85g (11.59%), Carbohydrates: 7.91g (2.64%), Net Carbohydrates: 4.84g (1.76%), Sugar: 3.7g (4.11%), Cholesterol: 7.53mg (2.51%), Sodium: 152.53mg (6.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.21%), Vitamin K: 49.01µg (46.67%), Vitamin A: 869.91IU (17.4%), Vitamin C: 13.83mg (16.77%), Manganese: 0.25mg (12.27%), Fiber: 3.06g (12.25%), Folate: 37.53µg (9.38%), Vitamin B6: 0.16mg (8%), Magnesium: 28.42mg (7.11%), Vitamin B2: 0.12mg (7.01%), Potassium: 240.14mg (6.86%), Iron: 1.17mg (6.5%), Vitamin B1: 0.09mg (6.21%), Phosphorus: 43.93mg (4.39%), Calcium: 42.89mg (4.29%), Vitamin B3: 0.83mg (4.17%), Copper: 0.08mg (3.95%), Vitamin E: 0.55mg (3.64%), Vitamin B5: 0.26mg (2.59%), Zinc: 0.28mg (1.84%), Selenium: 0.72µg (1.02%)