



Green Beans with Cilantro



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



40 kcal

SIDE DISH

Ingredients



1 tablespoon cilantro leaves fresh minced



3 cups diagonally cut green beans (2-inch) ()



1 small jalapeno minced seeded



1.5 teaspoons olive oil



0.3 teaspoon salt

Equipment

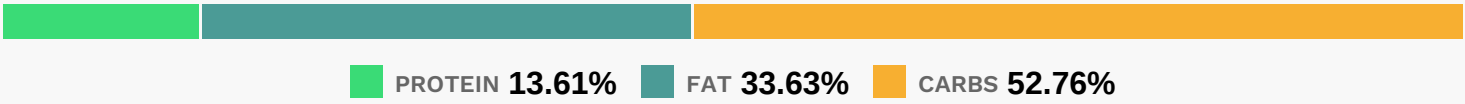


frying pan

Directions

- ☐
- Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐
- Add green beans; saut 10 minutes or until tender and browned in spots.
- ☐
- Stir in cilantro, minced pepper, and salt.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:1.66, Inflammation Score:-5, Nutrition Score:6.2373913941176%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 39.87kcal (1.99%), Fat: 1.7g (2.61%), Saturated Fat: 0.25g (1.57%), Carbohydrates: 5.98g (1.99%), Net Carbohydrates: 3.65g (1.33%), Sugar: 2.83g (3.15%), Cholesterol: 0mg (0%), Sodium: 150.47mg (6.54%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.54g (3.09%), Vitamin K: 37.34µg (35.56%), Vitamin C: 14.24mg (17.26%), Vitamin A: 613.73IU (12.27%), Fiber: 2.33g (9.31%), Manganese: 0.18mg (9.12%), Folate: 28.23µg (7.06%), Vitamin B6: 0.13mg (6.56%), Magnesium: 21.18mg (5.29%), Potassium: 183.32mg (5.24%), Vitamin B2: 0.09mg (5.2%), Iron: 0.87mg (4.83%), Vitamin B1: 0.07mg (4.61%), Vitamin E: 0.68mg (4.55%), Vitamin B3: 0.65mg (3.26%), Phosphorus: 32.31mg (3.23%), Calcium: 31.12mg (3.11%), Copper: 0.06mg (2.94%), Vitamin B5: 0.2mg (1.97%), Zinc: 0.2mg (1.36%)