



Green Beans with Colored Peppers (Crowd Size)

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



18

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 18 servings pepper black freshly ground
- 2 teaspoons dijon mustard
- 22 oz green beans whole frozen
- 1 tablespoon juice of lemon
- 1 medium bell pepper red cut into strips
- 0.5 teaspoon salt
- 1 tablespoon vegetable oil

1 medium bell pepper yellow cut into strips

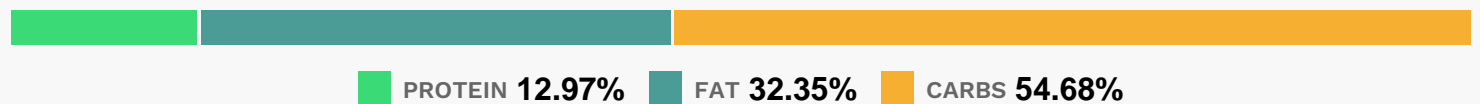
Equipment

- bowl
- frying pan
- stove

Directions

- In 12-inch skillet, cook green beans on Stove-Top as directed on bag.
- Drain; place beans on plate and loosely cover to keep warm.
- Meanwhile, in small bowl, mix lemon juice, mustard, basil and thyme; set aside.
- Add oil to same skillet; heat over medium-high heat.
- Add bell peppers; cook 6 to 8 minutes, stirring frequently, just until tender.
- Add green beans and lemon mixture to peppers; toss to coat.
- Sprinkle with salt; cook 2 to 3 minutes, stirring frequently.
- Serve sprinkled with freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:7.89, Glycemic Load:0.78, Inflammation Score:-4, Nutrition Score:4.2717390941537%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 21.7kcal (1.08%), Fat: 0.89g (1.37%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 2.2g (0.8%), Sugar: 1.44g (1.6%), Cholesterol: 0mg (0%), Sodium: 73.21mg (3.18%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.8g (1.61%), Vitamin C: 25.15mg (30.48%), Vitamin K: 16.78µg (15.99%), Vitamin A: 460.29IU (9.21%), Manganese: 0.11mg (5.27%), Fiber: 1.19g (4.74%), Folate: 16.42µg (4.1%), Vitamin B6: 0.08mg (4.01%), Potassium: 104.11mg (2.97%), Magnesium: 10.74mg (2.68%), Vitamin B2: 0.04mg (2.59%), Iron: 0.44mg (2.42%), Vitamin B1: 0.04mg (2.35%), Vitamin E: 0.31mg (2.08%), Vitamin B3: 0.38mg (1.91%), Phosphorus: 17.3mg (1.73%), Copper: 0.03mg (1.7%), Calcium: 14.89mg (1.49%), Vitamin B5: 0.11mg (1.14%)