



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

- ☐ 22 oz green beans whole frozen
- ☐ 1 tablespoon juice of lemon
- ☐ 2 teaspoons dijon mustard
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 2 teaspoons thyme leaves dried fresh chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 1 medium bell pepper red cut into strips

- ☐ 1 medium bell pepper yellow cut into strips
- ☐ 0.5 teaspoon salt
- ☐ 1 serving pepper black freshly ground

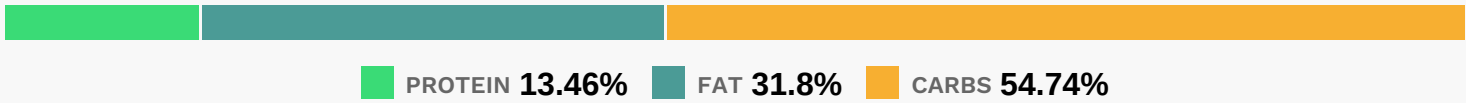
Equipment

- ☐ 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:10.39, Glycemic Load:0.78, Inflammation Score:-6, Nutrition Score:4.6586956148562%

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 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: 0.16mg, 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: 22.2kcal (1.11%), Fat: 0.9g (1.38%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 3.48g (1.16%), Net Carbohydrates: 2.21g (0.8%), Sugar: 1.44g (1.6%), Cholesterol: 0mg (0%), Sodium: 73.38mg (3.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.71%), Vitamin C: 25.5mg (30.91%), Vitamin K: 20.44µg (19.47%), Vitamin A: 471.98IU (9.44%), Manganese: 0.12mg (5.94%), Fiber: 1.28g (5.11%), Folate: 17.19µg (4.3%), Vitamin B6: 0.08mg (4.19%), Iron: 0.66mg (3.69%), Potassium: 110.05mg (3.14%), Magnesium: 12.51mg (3.13%), Vitamin B2: 0.05mg (2.8%), Vitamin B1: 0.04mg (2.36%), Vitamin E: 0.34mg (2.24%), Calcium: 20.35mg (2.04%), Vitamin B3: 0.4mg (1.98%), Copper: 0.04mg (1.93%), Phosphorus: 17.99mg (1.8%), Vitamin B5: 0.12mg (1.16%)