



## Green Beans with Country Mustard and Herbs

 Vegetarian  Gluten Free  Low Fod Map

READY IN



7 min.

SERVINGS



4

CALORIES



56 kcal

SIDE DISH

### Ingredients

- 1 tablespoon butter
- 2 tablespoons parsley fresh chopped
- 12 ounce green beans trimmed
- 1.5 teaspoons oregano fresh minced
- 0.3 teaspoon salt
- 2 teaspoons whole-grain dijon mustard

### Equipment

- bowl

microwave

## Directions

- Microwave green beans according to package directions.
- While beans cook, place butter and remaining ingredients in a serving bowl.
- Add beans; toss gently until butter melts.

## Nutrition Facts



## Properties

Glycemic Index:41.25, Glycemic Load:1.71, Inflammation Score:-8, Nutrition Score:8.5921738189848%

## Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

## Nutrients (% of daily need)

Calories: 55.69kcal (2.78%), Fat: 3.16g (4.86%), Saturated Fat: 1.86g (11.64%), Carbohydrates: 6.71g (2.24%), Net Carbohydrates: 3.92g (1.42%), Sugar: 2.86g (3.18%), Cholesterol: 7.53mg (2.51%), Sodium: 201.76mg (8.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.64%), Vitamin K: 74.32µg (70.78%), Vitamin A: 857.31IU (17.15%), Vitamin C: 13.06mg (15.83%), Manganese: 0.24mg (11.76%), Fiber: 2.79g (11.15%), Folate: 33.16µg (8.29%), Iron: 1.32mg (7.32%), Vitamin B6: 0.13mg (6.57%), Magnesium: 25.56mg (6.39%), Potassium: 204.6mg (5.85%), Vitamin B2: 0.1mg (5.72%), Vitamin B1: 0.08mg (5.18%), Calcium: 48.71mg (4.87%), Vitamin E: 0.59mg (3.94%), Phosphorus: 38.13mg (3.81%), Vitamin B3: 0.7mg (3.5%), Copper: 0.07mg (3.42%), Vitamin B5: 0.22mg (2.18%), Selenium: 1.43µg (2.04%), Zinc: 0.27mg (1.77%)