



Green Beans with Garlic Butter and Walnuts



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



76 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 clove garlic finely chopped
- ☐ 22 oz green beans whole frozen
- ☐ 1 small bell pepper red very thin cut into strips
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 0.3 cup walnut pieces chopped

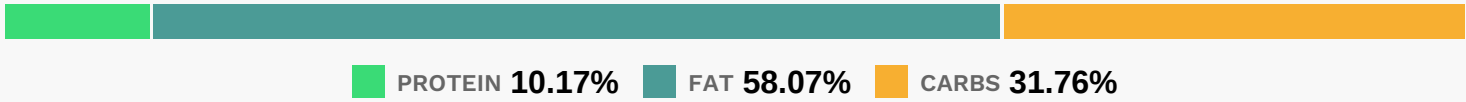
Equipment

- ☐ frying pan

Directions

- ☐ Cook green beans to desired doneness as directed on bag.
- ☐ Drain; cover to keep warm.
- ☐ Meanwhile, in 12-inch nonstick skillet, melt butter over medium-high heat. Cook bell pepper and garlic in butter 2 to 4 minutes, stirring constantly, until bell pepper is crisp-tender. Stir in walnuts; cook until hot.
- ☐ Add green beans; sprinkle with seasoned salt. Cook and stir just until thoroughly heated. Spoon into serving dish.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:1.73, Inflammation Score:-7, Nutrition Score:7.637826030507%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 76.21kcal (3.81%), Fat: 5.4g (8.31%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 6.65g (2.22%), Net Carbohydrates: 4.1g (1.49%), Sugar: 3.03g (3.37%), Cholesterol: 0mg (0%), Sodium: 183.53mg (7.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.26%), Vitamin K: 34.08µg (32.46%), Vitamin C: 21.52mg (26.09%), Vitamin A: 953.51IU (19.07%), Manganese: 0.31mg (15.51%), Fiber: 2.55g (10.21%), Folate: 33.61µg (8.4%), Vitamin B6: 0.16mg (8.07%), Magnesium: 26.58mg (6.64%), Potassium: 203.14mg (5.8%), Copper: 0.11mg (5.74%), Vitamin B2: 0.1mg (5.65%), Vitamin B1: 0.08mg (5.5%), Iron: 0.96mg (5.32%), Phosphorus: 46.06mg (4.61%), Vitamin E: 0.6mg (4%), Vitamin B3: 0.71mg (3.54%), Calcium: 34.9mg (3.49%), Vitamin B5: 0.23mg (2.31%), Zinc: 0.33mg (2.19%), Selenium: 0.71µg (1.01%)