



Green Beans with Garlic Chips

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



178 kcal

SIDE DISH

Ingredients

- 1 tablespoon apple cider vinegar
- 3 garlic clove thinly sliced
- 1.5 pounds green beans trimmed
- 2 tablespoons olive oil extra virgin extra-virgin
- 4 servings salt and pepper
- 2 tablespoon butter unsalted
- 1 tablespoon balsamic vinegar white
- 0.5 onion yellow sliced

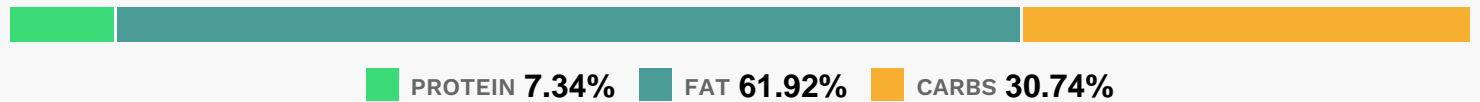
Equipment

- frying pan
- paper towels
- slotted spoon

Directions

- Heat the oil with the garlic in a heavy skillet over medium heat. Cook stirring occasionally, until the garlic is golden.
- Remove the garlic from the skillet with a slotted spoon and transfer to a paper towel.
- Add the butter to the oil in the skillet and heat over medium heat.
- Add the onions, salt and pepper and saut, until the onions are translucent and starting to turn golden.
- Add the beans and continue cooking stirring occasionally. Stir in both vinegars and season with salt and pepper to taste.
- Transfer the beans to a serving dish and sprinkle with the garlic chips.

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:4.19, Inflammation Score:-8, Nutrition Score:13.202608695652%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg

Taste

Sweetness: 50.01%, Saltiness: 100%, Sourness: 53.86%, Bitterness: 54.77%, Savoriness: 56.64%, Fattiness: 72.77%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 177.96kcal (8.9%), Fat: 13.08g (20.12%), Saturated Fat: 4.65g (29.09%), Carbohydrates: 14.61g (4.87%), Net Carbohydrates: 9.73g (3.54%), Sugar: 6.77g (7.52%), Cholesterol: 15.05mg (5.02%), Sodium: 206.95mg (9%), Protein: 3.49g (6.97%), Vitamin K: 77.94µg (74.23%), Vitamin C: 22.47mg (27.24%), Vitamin A: 1349.08IU (26.98%), Manganese: 0.44mg (21.91%), Fiber: 4.87g (19.49%), Folate: 59.02µg (14.76%), Vitamin B6: 0.28mg (14.22%), Vitamin E: 1.87mg (12.48%), Potassium: 397.01mg (11.34%), Magnesium: 45.27mg (11.32%), Vitamin B2: 0.19mg (10.91%), Iron: 1.9mg (10.54%), Vitamin B1: 0.15mg (10.04%), Phosphorus: 74.81mg (7.48%), Calcium: 73.38mg (7.34%), Copper: 0.13mg (6.6%), Vitamin B3: 1.28mg (6.42%), Vitamin B5: 0.42mg (4.21%), Zinc: 0.47mg (3.13%), Selenium: 1.48µg (2.12%)