



Green Beans with Grape Tomatoes



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



126 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons butter
- ☐ 2 pounds green beans fresh trimmed
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 pint grape tomatoes halved
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons sugar

Equipment

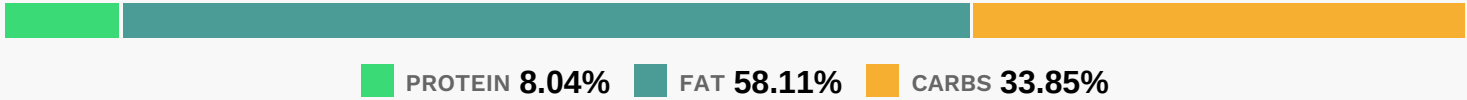
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frying pan

Directions

- ☐ Cook beans in boiling salted water 8 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain and set aside.
- ☐ Melt butter in a large skillet over medium heat 6 to 7 minutes or until butter begins to brown.
- ☐ Add green beans, and saut until tender. Stir in grape tomatoes and remaining ingredients.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.89, Glycemic Load:3.59, Inflammation Score:-9, Nutrition Score:10.91347829868%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 126.34kcal (6.32%), Fat: 8.84g (13.6%), Saturated Fat: 1.83g (11.45%), Carbohydrates: 11.59g (3.86%), Net Carbohydrates: 7.66g (2.79%), Sugar: 6.25g (6.95%), Cholesterol: 0mg (0%), Sodium: 399.58mg (17.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.5%), Vitamin K: 53.64µg (51.08%), Vitamin A: 1692.98IU (33.86%), Vitamin C: 23.36mg (28.31%), Manganese: 0.34mg (17.21%), Fiber: 3.93g (15.7%), Folate: 46.81µg (11.7%), Potassium: 390.93mg (11.17%), Vitamin B6: 0.21mg (10.58%), Magnesium: 36.79mg (9.2%), Iron: 1.5mg (8.31%), Vitamin B2: 0.14mg (8.09%), Vitamin B1: 0.12mg (7.77%), Vitamin E: 1.11mg (7.41%), Phosphorus: 60.83mg (6.08%), Vitamin B3: 1.2mg (6.02%), Copper: 0.12mg (6%), Calcium: 55.31mg (5.53%), Vitamin B5: 0.32mg (3.22%), Zinc: 0.39mg (2.61%)