



Green beans with griddled tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



8

CALORIES



51 kcal

SIDE DISH

Ingredients

- ☐ 500 g green beans
- ☐ 2 tbsp olive oil
- ☐ 2 garlic cloves thinly sliced
- ☐ 2 bunches cherry tomatoes on the vine

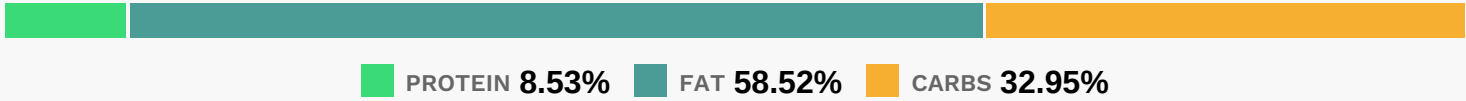
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Cook the beans in a pan of boiling salted water for 6–8 mins until just tender.
- ☐ Drain and quickly cool under cold running water. Set aside.
- ☐ Heat the oil in a large pan on the barbecue, then add the garlic and cook quickly until lightly browned.
- ☐ Add the beans, stir well, cover and leave to reheat. Meanwhile, cook the tomatoes on the grill bars until softened and slightly browned. Tip the beans into a serving bowl and top with the tomatoes.
- ☐ Sprinkle with a little sea salt and serve.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:1.3, Inflammation Score:-4, Nutrition Score:4.6508696053339%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 51.48kcal (2.57%), Fat: 3.64g (5.6%), Saturated Fat: 0.51g (3.22%), Carbohydrates: 4.61g (1.54%), Net Carbohydrates: 2.91g (1.06%), Sugar: 2.05g (2.28%), Cholesterol: 0mg (0%), Sodium: 3.97mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.39%), Vitamin K: 29µg (27.62%), Vitamin C: 7.92mg (9.6%), Vitamin A: 432.54IU (8.65%), Manganese: 0.15mg (7.39%), Fiber: 1.71g (6.82%), Folate: 20.68µg (5.17%), Vitamin E: 0.76mg (5.08%), Vitamin B6: 0.1mg (4.88%), Magnesium: 15.84mg (3.96%), Vitamin B2: 0.07mg (3.88%), Potassium: 135.46mg (3.87%), Iron: 0.68mg (3.77%), Vitamin B1: 0.05mg (3.52%), Phosphorus: 24.97mg (2.5%), Calcium: 24.55mg (2.45%), Vitamin B3: 0.47mg (2.33%), Copper: 0.05mg (2.28%), Vitamin B5: 0.15mg (1.45%), Zinc: 0.16mg (1.06%)