



Green Beans with Olives, Raisins and Almonds

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

13 min.

SERVINGS

servings

4

CALORIES

calories

237 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup almonds smoked chopped
- ☐ 4 servings bell pepper black
- ☐ 0.3 cup golden raisins generous
- ☐ 0.8 pound green beans trimmed
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 12 jumbo pimento stuffed olives coarsely chopped
- ☐ 4 servings salt

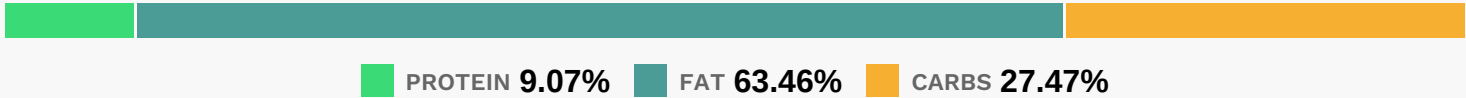
Equipment

- ☐ frying pan
- ☐ stove

Directions

- ☐ Chop beans into 2-inch pieces.
- ☐ Place beans in a skillet and add boiling water to cover. Cook beans in boiling water 3 to 4 minutes, add raisins to pan and cook 2 minutes more to plump up the raisins.
- ☐ Drain beans and raisins.
- ☐ Place skillet back on the stove over medium high heat.
- ☐ Add extra-virgin olive oil to skillet then drained beans and raisins.
- ☐ Add olives to the pan and warm them through. Toss beans, raisins and olives with almonds and turn off heat. Season the beans with salt and pepper, to taste.
- ☐ Transfer beans to a serving dish.

Nutrition Facts



Properties

Glycemic Index:36.17, Glycemic Load:5.72, Inflammation Score:-7, Nutrition Score:12.949130421099%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 236.76kcal (11.84%), Fat: 17.99g (27.67%), Saturated Fat: 1.95g (12.17%), Carbohydrates: 17.52g (5.84%), Net Carbohydrates: 12.21g (4.44%), Sugar: 8.98g (9.98%), Cholesterol: 0mg (0%), Sodium: 387.52mg (16.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.57%), Vitamin E: 6.4mg (42.68%), Vitamin K: 41.43µg (39.46%), Manganese: 0.63mg (31.67%), Fiber: 5.31g (21.26%), Magnesium: 74.19mg (18.55%), Vitamin B2: 0.31mg (18.27%), Copper: 0.29mg (14.58%), Phosphorus: 129.36mg (12.94%), Vitamin C: 10.67mg (12.93%), Vitamin A: 634.72IU (12.69%), Potassium: 384.56mg (10.99%), Iron: 1.81mg (10.06%), Folate: 36.58µg (9.14%), Calcium: 91.23mg (9.12%), Vitamin B6: 0.18mg (8.88%), Vitamin B1: 0.11mg (7.32%), Vitamin B3: 1.4mg (7.02%), Zinc: 0.8mg (5.32%), Vitamin B5: 0.29mg (2.92%), Selenium: 1.42µg (2.03%)