



WHATSheATE



Green Beans With Orange Olive Oil



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



67 kcal

SIDE DISH

Ingredients



0.8 pound green beans fresh trimmed halved



4 servings kosher salt to taste



4.5 teaspoons olive oil extra-virgin



1 teaspoon orange zest grated

Equipment



frying pan

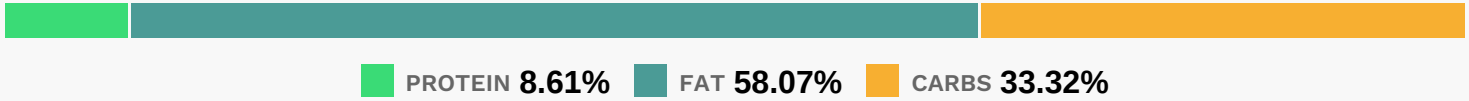


steamer basket

Directions

- ☐ Place green beans in a steamer basket over 1 inch of boiling water and cover. Cook until the beans are tender but still firm, 2 to 4 minutes.
- ☐ Drain, and keep warm.
- ☐ Meanwhile, stir together olive oil and 1 tablespoon orange zest strips in a large skillet over medium-low heat. Cook and stir until the olive oil has been infused with the flavor of the orange zest, about 2 minutes. Discard zest strips.
- ☐ Toss drained green beans with flavored olive oil and kosher salt over medium heat until the beans are hot and coated with oil.
- ☐ Place onto a serving dish and sprinkle with remaining 1 teaspoon grated orange zest to garnish.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:1.67, Inflammation Score:-5, Nutrition Score:6.2186956250149%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 66.63kcal (3.33%), Fat: 4.69g (7.21%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 6.05g (2.02%), Net Carbohydrates: 3.7g (1.35%), Sugar: 2.77g (3.08%), Cholesterol: 0mg (0%), Sodium: 199mg (8.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.13%), Vitamin K: 39.28µg (37.41%), Vitamin C: 11.06mg (13.4%), Vitamin A: 588.94IU (11.78%), Fiber: 2.35g (9.4%), Manganese: 0.18mg (9.21%), Folate: 28.22µg (7.05%), Vitamin E: 1mg (6.65%), Vitamin B6: 0.12mg (6.04%), Magnesium: 21.38mg (5.34%), Vitamin B2: 0.09mg (5.23%), Potassium: 180.6mg (5.16%), Iron: 0.91mg (5.04%), Vitamin B1: 0.07mg (4.69%), Calcium: 32.44mg (3.24%), Phosphorus: 32.42mg (3.24%), Vitamin B3: 0.63mg (3.14%), Copper: 0.06mg (2.96%), Vitamin B5: 0.19mg (1.94%), Zinc: 0.21mg (1.37%)