



Green Beans with Roasted Nuts and Cranberries



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



88 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cranberries dried
- ☐ 1.5 pounds green beans trimmed
- ☐ 8 servings kosher salt and pepper
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 cup roasted mixed unsalted roughly chopped

Equipment

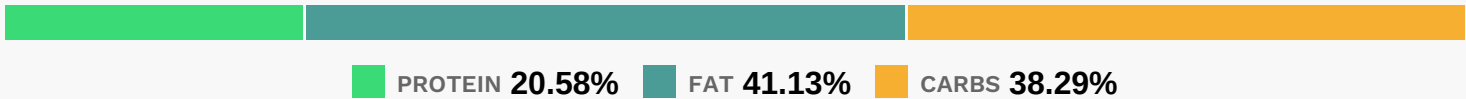
- ☐ bowl

- ☐ frying pan
- ☐ pot
- ☐ stove

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Add 1 tablespoon salt and the green beans and cook until tender, 4 to 6 minutes. Meanwhile, in a large bowl, combine the oil, nuts, and cranberries.
- ☐ Drain the green beans and transfer them to the bowl.
- ☐ Add 1/2 teaspoon salt and 1/4 teaspoon pepper and toss to coat.
- ☐ Serve warm or at room temperature. Stress-Less Tip: Don't bother pulling out the saut pan. Using roasted nuts eliminates the need to toast them on the stovetop.

Nutrition Facts



Properties

Glycemic Index:5.75, Glycemic Load:1.67, Inflammation Score:-5, Nutrition Score:7.655217435049%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg 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: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 88.49kcal (4.42%), Fat: 4.33g (6.66%), Saturated Fat: 0.71g (4.46%), Carbohydrates: 9.06g (3.02%), Net Carbohydrates: 6.57g (2.39%), Sugar: 5.52g (6.14%), Cholesterol: 9.32mg (3.11%), Sodium: 206.4mg (8.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.75%), Vitamin K: 38.97µg (37.11%), Vitamin C: 10.38mg (12.59%), Vitamin A: 586.84IU (11.74%), Vitamin B6: 0.23mg (11.65%), Fiber: 2.5g (9.99%), Manganese: 0.2mg (9.76%), Vitamin B1: 0.14mg (9.05%), Vitamin B3: 1.49mg (7.47%), Folate: 28.07µg (7.02%), Vitamin B2: 0.12mg (6.89%), Potassium: 236.69mg (6.76%), Selenium: 4.63µg (6.61%), Phosphorus: 65.89mg (6.59%), Vitamin E: 0.95mg (6.34%), Magnesium: 25.26mg (6.32%), Iron: 0.99mg (5.51%), Copper: 0.07mg (3.49%), Calcium: 32.7mg (3.27%), Zinc: 0.47mg (3.16%), Vitamin B5: 0.31mg (3.1%), Vitamin B12: 0.08µg (1.26%)