



Green Beans with Roasted Tomatoes and Mustard Seeds

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



123 kcal

SIDE DISH

Ingredients

- 1 tablespoon balsamic vinegar
- 1 pint grape tomatoes
- 1.5 pounds green beans ends trimmed
- 0.3 teaspoon ground pepper black
- 1 tablespoon mustard seeds whole
- 1 tablespoon olive oil
- 0.5 teaspoon salt

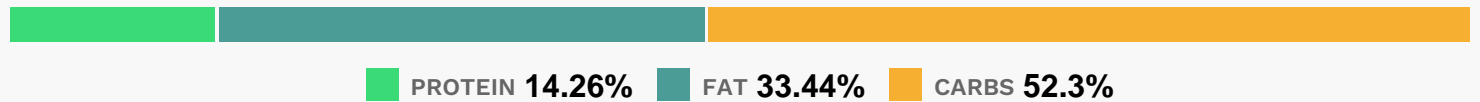
Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 400 degrees F. Coat a large baking sheet with cooking spray.
- In a large bowl, combine all ingredients except mustard seeds and toss to coat.
- Transfer green beans and tomatoes.
- Transfer vegetables to prepared pan and sprinkle mustard seeds over top. Roast 15 to 20 minutes, until vegetables are tender and golden.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:4.91, Inflammation Score:-9, Nutrition Score:17.822174030802%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg

Nutrients (% of daily need)

Calories: 122.77kcal (6.14%), Fat: 5.11g (7.86%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 17.99g (6%), Net Carbohydrates: 11.61g (4.22%), Sugar: 9.44g (10.49%), Cholesterol: 0mg (0%), Sodium: 308.18mg (13.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.81%), Vitamin K: 84.95µg (80.9%), Vitamin C: 37.15mg (45.03%), Vitamin A: 2160.6IU (43.21%), Manganese: 0.59mg (29.58%), Fiber: 6.38g (25.52%), Folate: 78.35µg (19.59%), Potassium: 665.79mg (19.02%), Vitamin B6: 0.35mg (17.29%), Magnesium: 66.41mg (16.6%), Vitamin B1: 0.21mg (13.7%), Iron: 2.39mg (13.26%), Vitamin E: 1.98mg (13.21%), Vitamin B2: 0.21mg (12.16%), Phosphorus: 116.75mg (11.68%), Vitamin B3: 2.08mg (10.41%), Copper: 0.21mg (10.39%), Selenium: 6.75µg (9.64%), Calcium: 83.93mg

(8.39%), Zinc: 0.78mg (5.21%), Vitamin B5: 0.51mg (5.12%)