



 17%
HEALTH SCORE

Green Beans With Roasted Walnuts and Sweet Cranberries

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



88 kcal

SIDE DISH

Ingredients

- 8 servings salt and pepper
- 1.5 pounds green beans trimmed
- 2 tablespoons olive oil extra virgin extra-virgin
- 0.5 cup roasted mixed unsalted (I used walnuts)
- 0.3 cup cranberries dried

Equipment

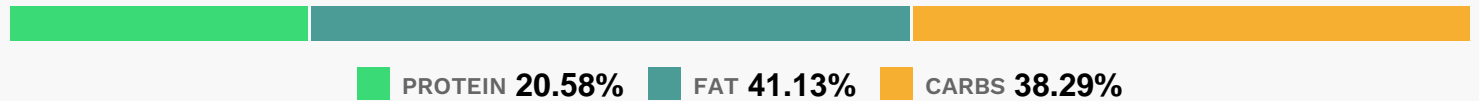
- bowl

pot

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.

Nutrition Facts



Properties

Glycemic Index:5.75, Glycemic Load:1.67, Inflammation Score:-5, Nutrition Score:7.6552173913043%

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

Taste

Sweetness: 46.1%, Saltiness: 100%, Sourness: 39.06%, Bitterness: 40.19%, Savoriness: 61.54%, Fattiness: 57.4%, Spiciness: 0%

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%), 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: 0.08 μ g (1.26%)