



Green Beans with Rosemary-Orange Glaze

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



86 kcal

SIDE DISH

Ingredients

- 0.5 cup water
- 1 clove garlic finely chopped
- 2 lb green beans fresh
- 0.3 cup orange marmalade
- 1 tablespoon rosemary leaves fresh chopped
- 0.5 teaspoon cornstarch
- 0.5 teaspoon salt
- 2 tablespoons butter

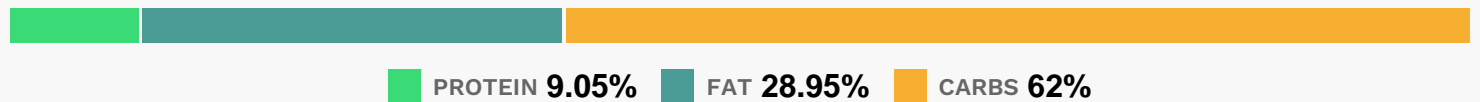
Equipment

- bowl
- dutch oven

Directions

- In 4-quart Dutch oven, heat water and garlic to boiling over medium-high heat.
- Add beans; cover and simmer over medium heat about 15 minutes or until tender.
- Drain if necessary.
- In small bowl, stir together marmalade, rosemary, cornstarch and salt; stir into beans.
- Add butter.
- Heat to boiling over medium heat, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:2.26, Inflammation Score:-7, Nutrition Score:8.1895652463579%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 86.28kcal (4.31%), Fat: 3.08g (4.74%), Saturated Fat: 0.65g (4.05%), Carbohydrates: 14.86g (4.95%), Net Carbohydrates: 11.68g (4.25%), Sugar: 9.7g (10.78%), Cholesterol: 0mg (0%), Sodium: 191.63mg (8.33%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.17g (4.34%), Vitamin K: 48.77µg (46.45%), Vitamin A: 921.19IU (18.42%), Vitamin C: 14.49mg (17.57%), Manganese: 0.26mg (12.8%), Fiber: 3.18g (12.7%), Folate: 38.64µg (9.66%), Vitamin B6: 0.17mg (8.38%), Magnesium: 29.13mg (7.28%), Vitamin B2: 0.12mg (7.21%), Potassium: 247.65mg (7.08%), Iron: 1.21mg (6.71%), Vitamin B1: 0.09mg (6.31%), Calcium: 48.81mg (4.88%), Copper: 0.09mg (4.58%), Phosphorus: 45.05mg (4.51%), Vitamin B3: 0.84mg (4.22%), Vitamin E: 0.58mg (3.86%), Vitamin B5: 0.26mg (2.64%), Zinc: 0.28mg (1.9%), Selenium: 0.8µg (1.14%)