



Green Beans with Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



11 min.

SERVINGS



4

CALORIES



57 kcal

SIDE DISH

Ingredients

- ☐ 4 servings green beans – 1lb fresh cut into even sized pieces, approximately 2" long
- ☐ 1 Tbsp olive oil
- ☐ 4 servings salsa prepared

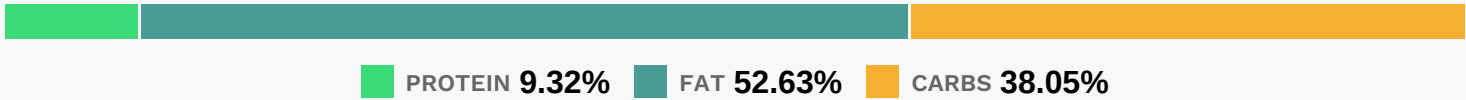
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ stove

Directions

- ☐ In a large saute pan, bring to a boil enough water to cover the beans.
- ☐ Add the beans and boil with the pot uncovered for 5 minutes.
- ☐ Remove from stove, strain out the remaining water, place beans in a serving bowl. 2
- ☐ Put the pan back on the stove over high heat and add the olive oil.
- ☐ Let this heat up for 1 minute, then toss in the beans and about 1/2 cup of prepared salsa. Toss to combine and saute 1 minute.
- ☐ Add salt or more salsa to taste.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:1.08, Inflammation Score:-5, Nutrition Score:5.1847825464995%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 57.27kcal (2.86%), Fat: 3.68g (5.66%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 3.93g (1.43%), Sugar: 3.01g (3.35%), Cholesterol: 0mg (0%), Sodium: 213.29mg (9.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.93%), Vitamin K: 27.1µg (25.81%), Vitamin A: 533.1IU (10.66%), Vitamin C: 7.32mg (8.87%), Fiber: 2.06g (8.24%), Manganese: 0.16mg (7.75%), Vitamin E: 1.12mg (7.47%), Vitamin B6: 0.13mg (6.69%), Potassium: 198.65mg (5.68%), Folate: 19.43µg (4.86%), Magnesium: 18.55mg (4.64%), Iron: 0.72mg (4%), Vitamin B2: 0.07mg (3.97%), Vitamin B3: 0.76mg (3.81%), Vitamin B1: 0.06mg (3.75%), Phosphorus: 31.14mg (3.11%), Copper: 0.06mg (2.94%), Calcium: 29.34mg (2.93%), Vitamin B5: 0.19mg (1.88%), Zinc: 0.2mg (1.31%)