



Green Beans with Sautéed Cherry Tomatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



59 kcal

SIDE DISH

Ingredients

- 2 cups cherry tomatoes
- 1 teaspoon basil dried
- 1 clove garlic minced pressed peeled
- 2 pounds green beans
- 2 tablespoons olive oil
- 10 servings salt and pepper

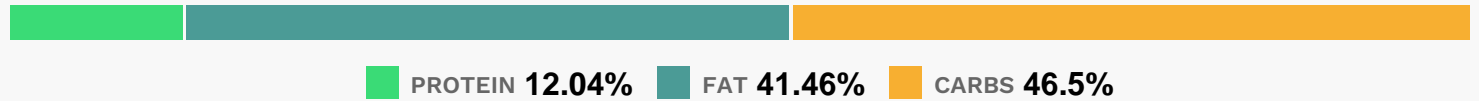
Equipment

- frying pan

Directions

- Rinse green beans; remove and discard ends and any strings. In a 6- to 8-quart pan over high heat, bring about 3 quarts water to a boil.
- Add beans, cover, and cook until tender-crisp to bite, 4 to 5 minutes.
- Drain beans, pour into a serving dish, and keep warm. Dry pan.
- Meanwhile, rinse tomatoes; remove and discard stems. Set pan over high heat and add olive oil, garlic, tomatoes, and basil. Stir until tomatoes are hot, about 3 minutes.
- Pour over beans.
- Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:7.6, Glycemic Load:1.81, Inflammation Score:-6, Nutrition Score:7.7799999610237%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg

Nutrients (% of daily need)

Calories: 58.92kcal (2.95%), Fat: 3.04g (4.67%), Saturated Fat: 0.44g (2.74%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 4.96g (1.8%), Sugar: 3.7g (4.12%), Cholesterol: 0mg (0%), Sodium: 202.69mg (8.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.97%), Vitamin K: 43.25µg (41.19%), Vitamin C: 17.96mg (21.77%), Vitamin A: 772.45IU (15.45%), Manganese: 0.24mg (12.13%), Fiber: 2.7g (10.81%), Folate: 34.13µg (8.53%), Vitamin B6: 0.16mg (7.83%), Potassium: 260.28mg (7.44%), Iron: 1.25mg (6.94%), Magnesium: 26.15mg (6.54%), Vitamin E: 0.95mg (6.35%), Vitamin B2: 0.1mg (6.03%), Vitamin B1: 0.09mg (5.72%), Copper: 0.09mg (4.4%), Phosphorus: 43.55mg (4.36%), Vitamin B3: 0.83mg (4.16%), Calcium: 39.77mg (3.98%), Vitamin B5: 0.25mg (2.45%), Zinc: 0.27mg (1.8%), Selenium: 0.74µg (1.06%)