



Green Beans With Shallots And Red Bell Pepper



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



155 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 pounds green beans fresh
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 teaspoon pepper
- ☐ 1 large bell pepper red cut into thin strips
- ☐ 3 large shallots chopped

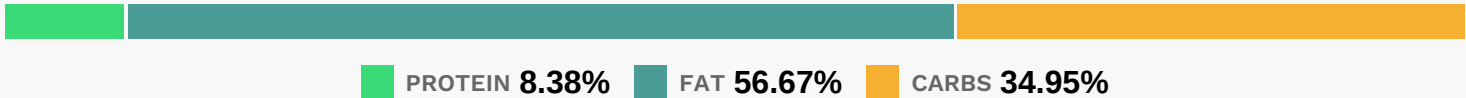
Equipment

☐ frying pan

Directions

- ☐ Cook beans in boiling water to cover 3 to 4 minutes or until crisp-tender; drain.
- ☐ Melt butter in a large skillet over medium-high heat; add shallots and bell pepper, and saut 4 minutes or until tender.
- ☐ Add to beans, and toss with salt, pepper, and garlic powder.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:3.85, Inflammation Score:-9, Nutrition Score:15.38000001402%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 154.9kcal (7.74%), Fat: 10.59g (16.29%), Saturated Fat: 2.2g (13.77%), Carbohydrates: 14.69g (4.9%), Net Carbohydrates: 9.57g (3.48%), Sugar: 7.07g (7.85%), Cholesterol: 0mg (0%), Sodium: 518.35mg (22.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.04%), Vitamin C: 54.46mg (66.01%), Vitamin K: 66.73µg (63.55%), Vitamin A: 2351.58IU (47.03%), Manganese: 0.42mg (20.92%), Fiber: 5.12g (20.48%), Vitamin B6: 0.34mg (17.08%), Folate: 66.99µg (16.75%), Potassium: 429.02mg (12.26%), Magnesium: 44.57mg (11.14%), Vitamin B2: 0.19mg (11.08%), Iron: 1.86mg (10.32%), Vitamin B1: 0.15mg (9.92%), Vitamin E: 1.45mg (9.67%), Phosphorus: 76.26mg (7.63%), Vitamin B3: 1.41mg (7.05%), Calcium: 67.44mg (6.74%), Copper: 0.12mg (6.19%), Vitamin B5: 0.48mg (4.78%), Zinc: 0.49mg (3.28%), Selenium: 1.15µg (1.65%)