



Green Beans with Stewed Tomatoes and Spices



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



104 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon marjoram dried
- ☐ 4 garlic clove sliced
- ☐ 1 pound green beans trimmed
- ☐ 0.5 teaspoon ground allspice
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.5 teaspoon kosher salt

- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 cup onion chopped
- ☐ 2 cups tomatoes chopped
- ☐ 0.3 cup water

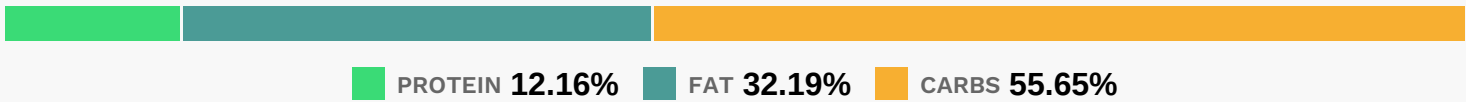
Equipment

- ☐ frying pan

Directions

- ☐ Heat a skillet over medium-high heat.
- ☐ Add olive oil.
- ☐ Add onion and green beans; cook 5 minutes.
- ☐ Stir in cumin, marjoram, allspice, and garlic.
- ☐ Add tomato and water; cook 9 minutes. Stir in kosher salt and pepper.

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:4.14, Inflammation Score:-8, Nutrition Score:12.850434904513%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 11.7mg, Quercetin: 11.7mg, Quercetin: 11.7mg, Quercetin: 11.7mg

Nutrients (% of daily need)

Calories: 103.82kcal (5.19%), Fat: 4.15g (6.38%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 16.14g (5.38%), Net Carbohydrates: 11.26g (4.1%), Sugar: 7.4g (8.22%), Cholesterol: 0mg (0%), Sodium: 305.88mg (13.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.05%), Vitamin K: 57.37µg (54.63%), Vitamin C: 28.11mg (34.07%), Vitamin A: 1417.68IU (28.35%), Manganese: 0.48mg (24.1%), Fiber: 4.87g (19.49%), Vitamin B6: 0.31mg (15.46%), Potassium: 504.42mg (14.41%), Folate: 56.54µg (14.14%), Iron: 2.07mg (11.52%), Magnesium: 44.88mg (11.22%),

Vitamin B1: 0.15mg (10.01%), Vitamin E: 1.41mg (9.39%), Vitamin B2: 0.15mg (8.77%), Phosphorus: 81.46mg (8.15%),
Copper: 0.16mg (8%), Calcium: 74.53mg (7.45%), Vitamin B3: 1.39mg (6.93%), Vitamin B5: 0.39mg (3.9%), Zinc:
0.55mg (3.63%), Selenium: 1.36µg (1.94%)