



Green Beans with Tomato Sauce

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



100 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 teaspoons thyme leaves fresh
- ☐ 32 oz cut pole beans frozen
- ☐ 24 oz pasta sauce such as Bertolli Olive Oil and Garlic
- ☐ 6 servings salt and pepper to taste
- ☐ 1 tablespoon shallots minced

Equipment

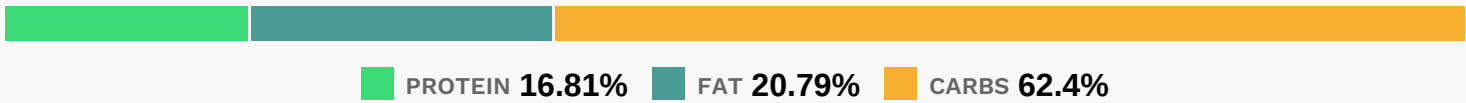
- ☐ frying pan

☐ pot

Directions

- ☐ Steam beans according to package directions. (Reserve 1 cup cooked beans for Easy Chicken Pot Pie, if desired.) Melt butter in a large skillet over medium-high heat; add shallot; cook 30 seconds. Stir in beans. Stir in pasta sauce and thyme leaves. Cook, stirring often, 2 to 3 minutes or until hot.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:4.08, Inflammation Score:-8, Nutrition Score:10.783043548141%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg

Nutrients (% of daily need)

Calories: 100.25kcal (5.01%), Fat: 2.55g (3.92%), Saturated Fat: 1.25g (7.81%), Carbohydrates: 17.2g (5.73%), Net Carbohydrates: 13.09g (4.76%), Sugar: 4.17g (4.63%), Cholesterol: 5.02mg (1.67%), Sodium: 755.63mg (32.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.27%), Vitamin C: 40.89mg (49.56%), Folate: 162.34µg (40.58%), Potassium: 663.02mg (18.94%), Fiber: 4.12g (16.46%), Iron: 2.89mg (16.06%), Magnesium: 59.3mg (14.83%), Copper: 0.24mg (12.08%), Vitamin A: 581.06IU (11.62%), Vitamin E: 1.69mg (11.25%), Phosphorus: 90.34mg (9.03%), Calcium: 87.91mg (8.79%), Manganese: 0.14mg (6.91%), Vitamin B6: 0.12mg (5.96%), Zinc: 0.88mg (5.84%), Vitamin B3: 1.14mg (5.7%), Vitamin B2: 0.08mg (4.59%), Vitamin B5: 0.36mg (3.61%), Vitamin K: 3.35µg (3.19%), Vitamin B1: 0.03mg (1.91%), Selenium: 0.72µg (1.03%)