



Green Beans with Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



66 kcal

SIDE DISH

Ingredients

- ☐ 28 oz canned tomatoes diced italian with seasonings canned
- ☐ 2 pounds green beans rinsed see notes
- ☐ 2 tablespoons olive oil
- ☐ 2 cups onions thinly sliced
- ☐ 12 servings salt and pepper

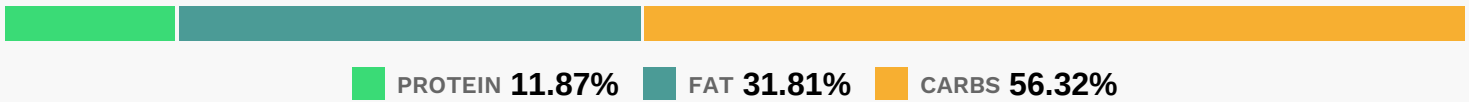
Equipment

- ☐ frying pan

Directions

- ☐ In a 5- to 6-quart pan over high heat, bring 3 quarts water to a boil.
- ☐ Add beans and cook until tender to bite, 5 to 6 minutes.
- ☐ Drain beans and immerse in ice water until cool, about 3 minutes; drain again.
- ☐ Pour olive oil into same pan over medium-high heat; add onions and stir often until limp, about 8 minutes.
- ☐ Add tomatoes with liquid; stir occasionally until sauce is reduced to about 2 1/2 cups, about 10 minutes.
- ☐ Add beans and stir occasionally until hot, about 5 minutes. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:6.08, Glycemic Load:2.04, Inflammation Score:-6, Nutrition Score:8.0382609030475%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg

Nutrients (% of daily need)

Calories: 65.97kcal (3.3%), Fat: 2.61g (4.02%), Saturated Fat: 0.38g (2.39%), Carbohydrates: 10.41g (3.47%), Net Carbohydrates: 7.25g (2.64%), Sugar: 5.17g (5.74%), Cholesterol: 0mg (0%), Sodium: 294.03mg (12.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.39%), Vitamin K: 35.94µg (34.23%), Vitamin C: 17.35mg (21.03%), Fiber: 3.16g (12.62%), Manganese: 0.25mg (12.46%), Vitamin A: 599.56IU (11.99%), Vitamin B6: 0.21mg (10.6%), Potassium: 322.87mg (9.22%), Folate: 35.31µg (8.83%), Iron: 1.49mg (8.28%), Vitamin E: 1.1mg (7.34%), Magnesium: 28.85mg (7.21%), Vitamin B2: 0.12mg (7.19%), Vitamin B1: 0.1mg (6.93%), Calcium: 54.75mg (5.48%), Copper: 0.11mg (5.42%), Vitamin B3: 1.06mg (5.28%), Phosphorus: 49.03mg (4.9%), Vitamin B5: 0.28mg (2.81%), Zinc: 0.32mg (2.13%)