



Green Beans with Tomatoes and Cotija

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



82 kcal

SIDE DISH

Ingredients

- 1 lb green beans fresh trimmed
- 1 tablespoon olive oil
- 1 medium onion sliced
- 2 cloves garlic finely chopped
- 14.5 oz tomatoes diced undrained canned
- 1 teaspoon oregano dried fresh chopped
- 0.1 teaspoon pepper red crushed
- 0.3 cup cotija cheese crumbled

0.3 cup almonds sliced

Equipment

frying pan

dutch oven

steamer basket

Directions

In Dutch oven, place 2 cups water. Cover tightly; heat to boiling.

Place green beans in steamer basket in Dutch oven. Reduce heat to medium-low; cook 8 to 10 minutes or until crisp-tender.

Drain thoroughly.

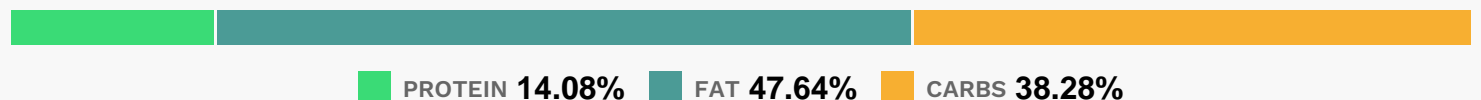
Meanwhile, in 10-inch skillet, heat oil over medium heat. Cook onion and garlic in oil 3 to 4 minutes, stirring frequently, until onion is crisp-tender. Stir in tomatoes, oregano and pepper flakes.

Heat to boiling. Reduce heat; simmer uncovered about 5 minutes, stirring occasionally, until thickened and most of liquid is evaporated.

Spoon drained beans onto serving platter; top with tomato mixture.

Sprinkle with cheese and almonds; serve warm.

Nutrition Facts



Properties

Glycemic Index:18.13, Glycemic Load:1.56, Inflammation Score:-6, Nutrition Score:7.9299999702236%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.76mg,

Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

Nutrients (% of daily need)

Calories: 82.36kcal (4.12%), Fat: 4.75g (7.31%), Saturated Fat: 1.23g (7.69%), Carbohydrates: 8.59g (2.86%), Net Carbohydrates: 5.82g (2.12%), Sugar: 3.8g (4.22%), Cholesterol: 5.56mg (1.85%), Sodium: 149.45mg (6.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.32%), Vitamin K: 28.69µg (27.33%), Vitamin C: 12.95mg (15.7%), Manganese: 0.27mg (13.64%), Fiber: 2.77g (11.08%), Vitamin E: 1.64mg (10.95%), Vitamin B2: 0.18mg (10.52%), Vitamin A: 491.61IU (9.83%), Vitamin B6: 0.2mg (9.82%), Calcium: 84.09mg (8.41%), Magnesium: 31.06mg (7.77%), Iron: 1.38mg (7.66%), Potassium: 268.04mg (7.66%), Folate: 29.32µg (7.33%), Phosphorus: 71.8mg (7.18%), Vitamin B1: 0.09mg (6.23%), Copper: 0.12mg (5.78%), Vitamin B3: 0.98mg (4.92%), Zinc: 0.52mg (3.45%), Vitamin B5: 0.29mg (2.86%), Selenium: 1.64µg (2.34%), Vitamin B12: 0.11µg (1.76%)