



Green Beans with Tomatoes and Garlic



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



107 kcal

SIDE DISH

Ingredients

- ☐ 1 clove garlic sliced
- ☐ 1 pound green beans trimmed
- ☐ 4 servings kosher salt and pepper
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 3 plum tomatoes diced

Equipment

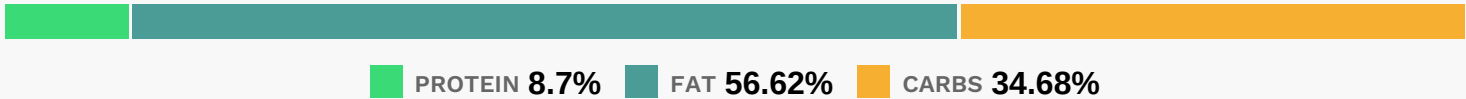
- ☐ frying pan

☐ pot

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Add 1 tablespoon salt and the green beans and cook until tender, 4 to 6 minutes. Meanwhile, heat the oil in a skillet over medium heat.
- ☐ Add the garlic and cook for 1 minute.
- ☐ Add the tomatoes, 1/2 teaspoon salt, and 1/8 teaspoon pepper and cook, stirring occasionally, for 3 minutes.
- ☐ Drain the green beans and add them to the skillet, along with the lemon juice. Toss to combine.
- ☐ Transfer to a serving dish.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:2.77, Inflammation Score:-7, Nutrition Score:10.246086913606%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

Nutrients (% of daily need)

Calories: 107.07kcal (5.35%), Fat: 7.35g (11.31%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 10.13g (3.38%), Net Carbohydrates: 6.49g (2.36%), Sugar: 4.99g (5.54%), Cholesterol: 0mg (0%), Sodium: 203.21mg (8.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.08%), Vitamin K: 56.66µg (53.96%), Vitamin C: 21.41mg (25.95%), Vitamin A: 1170.01IU (23.4%), Manganese: 0.31mg (15.56%), Fiber: 3.64g (14.57%), Vitamin E: 1.73mg (11.52%), Folate: 44.92µg (11.23%), Vitamin B6: 0.21mg (10.38%), Potassium: 355.17mg (10.15%), Magnesium: 33.81mg (8.45%), Vitamin B2: 0.13mg (7.53%), Iron: 1.35mg (7.5%), Vitamin B1: 0.11mg (7.49%), Vitamin B3: 1.12mg (5.58%), Phosphorus: 55.6mg (5.56%), Copper: 0.11mg (5.42%), Calcium: 48.3mg (4.83%), Vitamin B5: 0.3mg (3.04%), Zinc: 0.36mg (2.41%), Selenium: 0.79µg (1.13%)