



Harissa Green Beans and Kale



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



207 kcal

SIDE DISH

Ingredients



7.5 oz green beans frozen



8 oz crossing over quintessential american desserts fresh thinly sliced (6 cups)



0.3 cup water



2 tablespoons harissa

Equipment

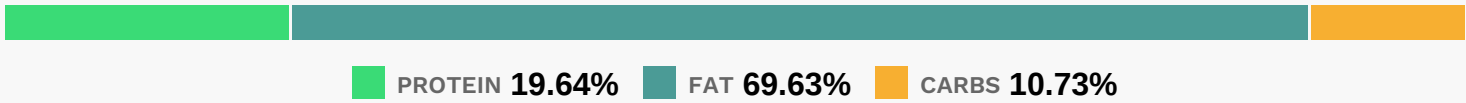


frying pan

Directions

- ☐ Cook beans as directed on box for minimum time.
- ☐ Meanwhile, in 12-inch skillet, place kale and water. Cook over medium-high heat, stirring frequently, 3 to 4 minutes or until kale is crisp-tender, adding more water if necessary. Stir in harissa; toss to coat.
- ☐ Stir in beans. Cook, stirring gently, until thoroughly heated.
- ☐ Serve topped with almonds.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:1.04, Inflammation Score:-4, Nutrition Score:8.257826089859%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 207.08kcal (10.35%), Fat: 16.25g (25.01%), Saturated Fat: 7.2g (44.99%), Carbohydrates: 5.63g (1.88%), Net Carbohydrates: 4.02g (1.46%), Sugar: 2.73g (3.03%), Cholesterol: 42.52mg (14.17%), Sodium: 134.48mg (5.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.32g (20.63%), Vitamin K: 24.1µg (22.95%), Zinc: 2.32mg (15.49%), Vitamin B6: 0.3mg (14.78%), Vitamin B12: 0.88µg (14.65%), Selenium: 10.1µg (14.42%), Vitamin B3: 2.67mg (13.34%), Vitamin B2: 0.18mg (10.56%), Vitamin C: 7.68mg (9.32%), Phosphorus: 92.14mg (9.21%), Vitamin A: 428.54IU (8.57%), Iron: 1.53mg (8.51%), Potassium: 263.51mg (7.53%), Fiber: 1.62g (6.46%), Vitamin B1: 0.09mg (6.19%), Magnesium: 23.98mg (5.99%), Manganese: 0.11mg (5.74%), Folate: 19.92µg (4.98%), Copper: 0.08mg (4.14%), Calcium: 27.28mg (2.73%), Vitamin E: 0.36mg (2.41%), Vitamin B5: 0.12mg (1.2%)