



 **86%**
HEALTH SCORE

Harissa Green Beans and Kale

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



43 kcal

SIDE DISH

Ingredients

- 7.5 oz green beans frozen
- 2 tablespoons harissa
- 8 oz kale fresh thinly sliced (6 cups)
- 0.3 cup water

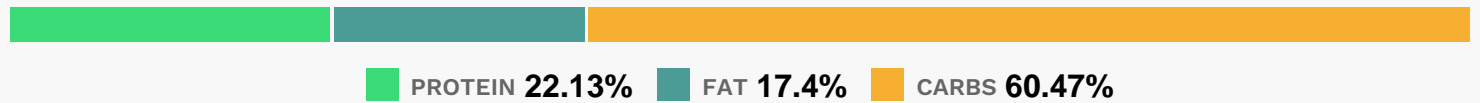
Equipment

- 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:19.5, Glycemic Load:1.1, Inflammation Score:-10, Nutrition Score:18.55913056498%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 13.38mg, Isorhamnetin: 13.38mg, Isorhamnetin: 13.38mg, Isorhamnetin: 13.38mg Kaempferol: 26.77mg, Kaempferol: 26.77mg, Kaempferol: 26.77mg, Kaempferol: 26.77mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 14.25mg, Quercetin: 14.25mg, Quercetin: 14.25mg, Quercetin: 14.25mg

Nutrients (% of daily need)

Calories: 43.22kcal (2.16%), Fat: 0.98g (1.51%), Saturated Fat: 0.13g (0.82%), Carbohydrates: 7.7g (2.57%), Net Carbohydrates: 3.76g (1.37%), Sugar: 3.18g (3.54%), Cholesterol: 0mg (0%), Sodium: 134.48mg (5.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.63%), Vitamin K: 244.37µg (232.74%), Vitamin A: 6082.01IU (121.64%), Vitamin C: 60.64mg (73.51%), Manganese: 0.49mg (24.42%), Calcium: 165.63mg (16.56%), Fiber: 3.94g (15.76%), Vitamin B2: 0.26mg (15.13%), Folate: 53.37µg (13.34%), Potassium: 337.22mg (9.63%), Vitamin B6: 0.17mg (8.51%), Iron: 1.51mg (8.41%), Magnesium: 33.05mg (8.26%), Vitamin B1: 0.11mg (7.63%), Vitamin B3: 1.18mg (5.9%), Phosphorus: 55.28mg (5.53%), Vitamin E: 0.74mg (4.91%), Copper: 0.08mg (3.94%), Zinc: 0.36mg (2.41%), Vitamin B5: 0.17mg (1.71%), Selenium: 0.91µg (1.3%)