



Herbed Green and Wax Beans



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



75 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon butter softened
- ☐ 0.5 pound green beans trimmed
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 4 parsley sprigs
- ☐ 0.3 teaspoon salt
- ☐ 4 thyme sprigs

- ☐ 1 cup water
- ☐ 0.5 pound turtle beans fresh yellow trimmed

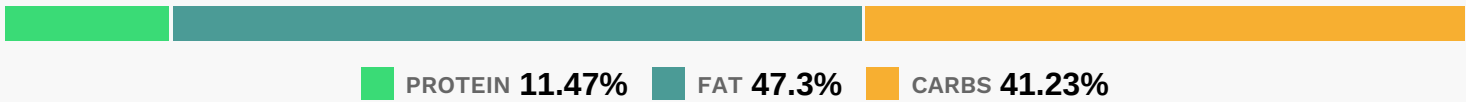
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ kitchen twine

Directions

- ☐ Tie thyme, parsley, and bay leaf together with twine.
- ☐ Place in a large skillet with 1 cup water. Bring to a boil; cook 1 minute.
- ☐ Add beans; cover, reduce heat, and simmer 8 minutes or until crisp-tender.
- ☐ Drain well; discard herbs.
- ☐ Place beans in a bowl.
- ☐ Add oil and remaining ingredients; toss well to coat.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:1.95, Inflammation Score:-8, Nutrition Score:7.7221740077695%

Flavonoids

Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 75.17kcal (3.76%), Fat: 4.28g (6.58%), Saturated Fat: 0.84g (5.26%), Carbohydrates: 8.38g (2.79%), Net Carbohydrates: 5.79g (2.11%), Sugar: 1.86g (2.06%), Cholesterol: 1.34mg (0.45%), Sodium: 159.87mg (6.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.67%), Vitamin K: 43.14µg (41.08%), Vitamin C: 21.77mg (26.38%), Folate: 77.46µg (19.37%), Vitamin A: 540.82IU (10.82%), Fiber: 2.59g (10.37%), Iron: 1.49mg (8.27%),

Magnesium: 32.44mg (8.11%), Manganese: 0.16mg (7.98%), Potassium: 251.77mg (7.19%), Calcium: 54.73mg (5.47%), Vitamin E: 0.76mg (5.07%), Copper: 0.1mg (4.86%), Phosphorus: 45.11mg (4.51%), Vitamin B6: 0.09mg (4.26%), Vitamin B2: 0.07mg (3.84%), Vitamin B1: 0.05mg (3.2%), Zinc: 0.4mg (2.67%), Vitamin B3: 0.45mg (2.25%), Vitamin B5: 0.14mg (1.38%)