



Herbed Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



67 kcal

SIDE DISH

Ingredients



1 teaspoon chives chopped



1 pound green beans



1 tablespoon olive oil



0.1 teaspoon salt



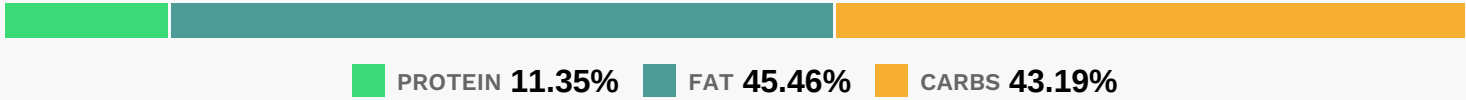
1 teaspoon thyme leaves chopped

Equipment

Directions

- ☐ Steam green beans 5 minutes.
- ☐ Drizzle with olive oil; sprinkle with chopped thyme, chopped chives, and salt.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:2.25, Inflammation Score:-8, Nutrition Score:8.2508695903032%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 66.67kcal (3.33%), Fat: 3.76g (5.78%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 8.04g (2.68%), Net Carbohydrates: 4.9g (1.78%), Sugar: 3.7g (4.11%), Cholesterol: 0mg (0%), Sodium: 79.6mg (3.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Vitamin K: 51.4µg (48.95%), Vitamin C: 14.78mg (17.92%), Vitamin A: 817.08IU (16.34%), Manganese: 0.25mg (12.73%), Fiber: 3.14g (12.55%), Folate: 37.91µg (9.48%), Vitamin B6: 0.16mg (8.1%), Magnesium: 29.26mg (7.31%), Iron: 1.28mg (7.11%), Vitamin B2: 0.12mg (7.09%), Potassium: 243.1mg (6.95%), Vitamin E: 0.97mg (6.46%), Vitamin B1: 0.09mg (6.23%), Calcium: 44.29mg (4.43%), Phosphorus: 43.77mg (4.38%), Vitamin B3: 0.84mg (4.22%), Copper: 0.08mg (4.07%), Vitamin B5: 0.26mg (2.58%), Zinc: 0.28mg (1.89%)