



Herbed Green Beans



Vegetarian



Gluten Free



Low Fod Map

READY IN



16 min.

SERVINGS



4

CALORIES



57 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons butter melted
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 pound green beans trimmed
- ☐ 1 teaspoon juice of lemon

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0.3 teaspoon salt

Equipment

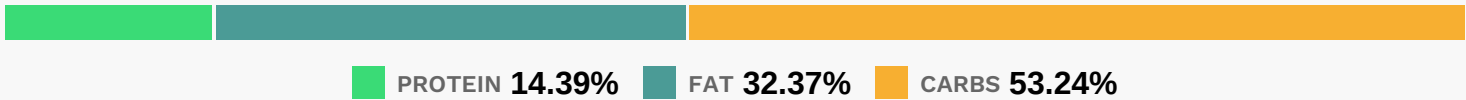
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bowl

Directions

- ☐ Arrange beans in a vegetable steamer. Steam, covered, 9 minutes or until crisp-tender.
- ☐ Place in a serving bowl; toss with butter.
- ☐ Add parsley and remaining ingredients; toss gently.

Nutrition Facts



Properties

Glycemic Index:80, Glycemic Load:2.36, Inflammation Score:-9, Nutrition Score:10.977826069555%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 56.68kcal (2.83%), Fat: 2.34g (3.61%), Saturated Fat: 1.36g (8.48%), Carbohydrates: 8.68g (2.89%), Net Carbohydrates: 5.23g (1.9%), Sugar: 3.78g (4.2%), Cholesterol: 5.38mg (1.79%), Sodium: 169.61mg (7.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.69%), Vitamin K: 89.18µg (84.94%), Vitamin C: 20.83mg (25.25%), Vitamin A: 1215.01IU (24.3%), Manganese: 0.3mg (15.19%), Fiber: 3.45g (13.78%), Folate: 43.84µg (10.96%), Iron: 1.66mg (9.23%), Vitamin B6: 0.17mg (8.61%), Magnesium: 33.66mg (8.41%), Potassium: 271.15mg (7.75%), Vitamin B2: 0.13mg (7.75%), Vitamin B1: 0.1mg (6.5%), Calcium: 56mg (5.6%), Copper: 0.1mg (4.91%), Phosphorus: 48.33mg (4.83%), Vitamin B3: 0.91mg (4.56%), Vitamin E: 0.55mg (3.68%), Vitamin B5: 0.28mg (2.83%), Zinc: 0.35mg (2.3%), Selenium: 0.73µg (1.04%)