



Homestyle Green Beans



Gluten Free



Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

120 kcal

SIDE DISH

Ingredients



0.3 cup butter



1 teaspoon basil dried



2 pounds green beans fresh trimmed cut into 1 1/2



0.5 teaspoon garlic powder



2 cups grape tomatoes halved



0.3 teaspoon pepper



0.3 teaspoon salt



1 teaspoon salt

- ☐ 1.5 tablespoons sugar
- ☐ 2 cups water

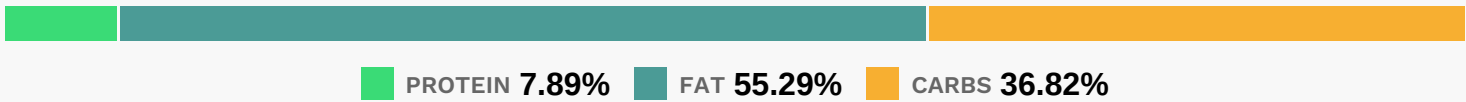
Equipment

- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Place beans in a Dutch oven; add water and salt. Bring to a boil; cover, reduce heat, and simmer 15 minutes or until tender.
- ☐ Drain; keep warm.
- ☐ Melt butter in a saucepan over medium heat; stir in sugar and next 4 ingredients.
- ☐ Add tomato, and cook, stirring gently until thoroughly heated.
- ☐ Pour tomato mixture over beans, and toss gently.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:23.89, Glycemic Load:4.19, Inflammation Score:-8, Nutrition Score:9.9856521888919%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 119.6kcal (5.98%), Fat: 7.95g (12.24%), Saturated Fat: 1.65g (10.32%), Carbohydrates: 11.91g (3.97%), Net Carbohydrates: 8.33g (3.03%), Sugar: 6.93g (7.7%), Cholesterol: 0mg (0%), Sodium: 464.41mg (20.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.11%), Vitamin K: 53.95µg (51.38%), Vitamin A: 1432.34IU (28.65%), Vitamin C: 18.96mg (22.98%), Manganese: 0.31mg (15.52%), Fiber: 3.59g (14.35%), Folate: 43.59µg (10.9%), Vitamin B6: 0.2mg (9.78%), Potassium: 338mg (9.66%), Magnesium: 34.47mg (8.62%), Iron: 1.4mg (7.79%),

Vitamin B2: 0.13mg (7.7%), Vitamin B1: 0.11mg (7.25%), Vitamin E: 0.97mg (6.5%), Copper: 0.11mg (5.73%),
Phosphorus: 55.42mg (5.54%), Calcium: 53.77mg (5.38%), Vitamin B3: 1.06mg (5.32%), Vitamin B5: 0.3mg (3%),
Zinc: 0.36mg (2.39%), Selenium: 0.75µg (1.07%)