



## Homestyle Green Beans and Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



150 kcal

SIDE DISH

### Ingredients

- 4 servings pepper black freshly ground to taste
- 4 cups vegetable stock
- 2 cloves garlic minced pressed
- 1.3 pound green beans trimmed cut into 1 1/2 inch pieces
- 0.3 teaspoon liquid smoke
- 12 ounces baby potatoes halved
- 1 large onion thinly sliced chopped
- 4 servings veggie broth to taste (if using sodium-free broth)

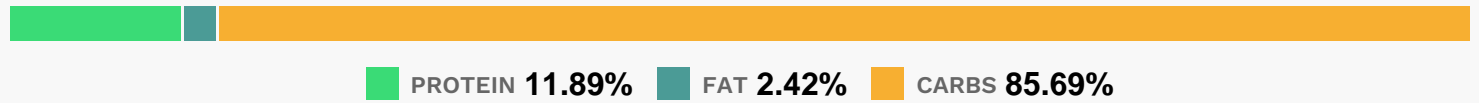
# Equipment

- bowl
- slotted spoon

# Directions

- Add the garlic and cook for another minute.
- Add the green beans and the potatoes and then add enough broth to barely cover the potatoes.
- Add black pepper to taste, bring to a boil. Reduce heat to simmer and cover. Cook until potatoes are tender, about 15–20 minutes.
- Add the smoked salt or Liquid Smoke and cook for another minute.
- Serve with slotted spoon to reserve broth for another use or serve in a bowl with a piece of cornbread for sopping up all the flavorful broth.

# Nutrition Facts



# Properties

Glycemic Index:77.19, Glycemic Load:17.29, Inflammation Score:-9, Nutrition Score:15.993912997453%

# Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 12.1mg, Quercetin: 12.1mg, Quercetin: 12.1mg, Quercetin: 12.1mg

# Nutrients (% of daily need)

Calories: 150.42kcal (7.52%), Fat: 0.44g (0.67%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 34.82g (11.61%), Net Carbohydrates: 28.42g (10.34%), Sugar: 10.89g (12.09%), Cholesterol: 0mg (0%), Sodium: 1896.08mg (82.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.66%), Vitamin K: 62.91µg (59.91%), Vitamin C: 37.29mg (45.2%), Vitamin A: 1982.29IU (39.65%), Manganese: 0.52mg (26.13%), Vitamin B6: 0.51mg (25.73%), Fiber: 6.39g (25.57%), Potassium: 719.24mg (20.55%), Folate: 67.57µg (16.89%), Magnesium: 59.29mg (14.82%), Vitamin B1: 0.2mg (13.64%), Iron: 2.24mg (12.43%), Phosphorus: 115.67mg (11.57%), Vitamin B2: 0.19mg (10.98%), Copper: 0.21mg (10.5%), Vitamin B3: 1.99mg (9.96%), Calcium: 74.44mg (7.44%), Vitamin B5: 0.63mg (6.27%), Zinc: 0.67mg

(4.46%), Vitamin E: 0.6mg (4%), Selenium: 1.51 $\mu$ g (2.16%)