



 90%
HEALTH SCORE

Hot and Spicy Green Beans with Tomato

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



100 kcal

SIDE DISH

Ingredients

- 14.5 ounce canned tomatoes diced with liquid canned
- 0.1 teaspoon garlic salt to taste
- 30 ounce green beans drained canned
- 0.5 teaspoon pepper flakes red to taste

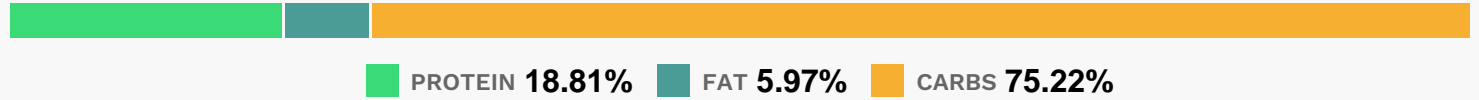
Equipment

- sauce pan

Directions

- Combine green beans, tomatoes, red pepper flakes, and garlic salt in a saucepan; cook over medium heat until heated through, 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:6.28, Inflammation Score:-9, Nutrition Score:19.82521760982%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 99.5kcal (4.98%), Fat: 0.79g (1.22%), Saturated Fat: 0.15g (0.96%), Carbohydrates: 22.44g (7.48%), Net Carbohydrates: 14.66g (5.33%), Sugar: 11.47g (12.75%), Cholesterol: 0mg (0%), Sodium: 225.18mg (9.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.22%), Vitamin K: 97.14µg (92.51%), Vitamin C: 35.4mg (42.9%), Vitamin A: 1762.16IU (35.24%), Manganese: 0.65mg (32.59%), Fiber: 7.78g (31.12%), Vitamin B6: 0.46mg (22.96%), Potassium: 754.63mg (21.56%), Folate: 83.59µg (20.9%), Iron: 3.57mg (19.83%), Magnesium: 74.08mg (18.52%), Copper: 0.34mg (16.87%), Vitamin B1: 0.25mg (16.8%), Vitamin B2: 0.28mg (16.29%), Vitamin E: 2.25mg (15.01%), Vitamin B3: 2.85mg (14.23%), Calcium: 114.48mg (11.45%), Phosphorus: 114.43mg (11.44%), Vitamin B5: 0.77mg (7.66%), Zinc: 0.8mg (5.32%), Selenium: 1.94µg (2.78%)