



WHATSheATE



HEALTH SCORE

90%

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

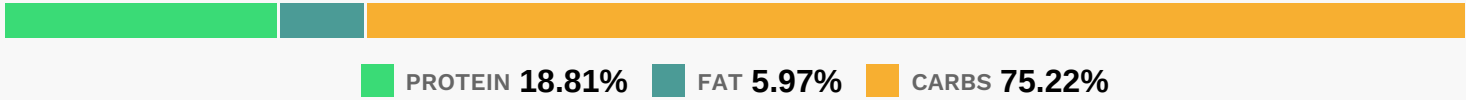


sauce pan

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%)