



Italian Green Beans

 Gluten Free

READY IN



25 min.

SERVINGS



15

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14.5 ounce canned tomatoes diced undrained canned
- 1 clove garlic minced
- 16 ounce italian-cut green beans frozen
- 0.3 cup bell pepper green chopped
- 0.3 teaspoon penzey's southwest seasoning dried italian
- 1 teaspoon olive oil
- 0.3 cup onion chopped
- 2 tablespoons parmesan cheese freshly grated

0.3 teaspoon salt

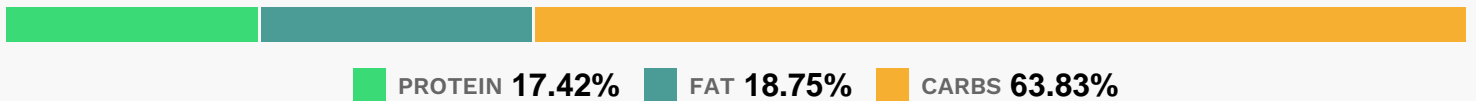
Equipment

frying pan

Directions

- Cook green beans according to package directions, omitting salt and fat. Set aside, and keep warm.
- Coat a nonstick skillet with cooking spray; add oil.
- Place over medium-high heat until hot.
- Add onion, green pepper, and garlic; saute 4 minutes. Stir in tomato, Italian seasoning, and salt. Cook until thoroughly heated, stirring often.
- Combine green beans and tomato mixture; toss lightly.
- Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:10.4, Glycemic Load:1.24, Inflammation Score:-3, Nutrition Score:3.8326086915382%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 25.26kcal (1.26%), Fat: 0.61g (0.93%), Saturated Fat: 0.17g (1.06%), Carbohydrates: 4.64g (1.55%), Net Carbohydrates: 3.2g (1.16%), Sugar: 2.37g (2.63%), Cholesterol: 0.58mg (0.19%), Sodium: 88.64mg (3.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.53%), Vitamin K: 15.03µg (14.32%), Vitamin C: 8.47mg (10.26%), Manganese: 0.13mg (6.38%), Fiber: 1.44g (5.77%), Vitamin A: 283.17IU (5.66%), Vitamin B6: 0.1mg (4.79%), Potassium: 154.8mg (4.42%), Iron: 0.7mg (3.9%), Copper: 0.07mg (3.74%), Folate: 14.42µg (3.61%), Vitamin E: 0.52mg (3.5%), Magnesium: 13.93mg (3.48%), Vitamin B1: 0.05mg (3.24%), Vitamin B2: 0.05mg (2.93%), Vitamin B3: 0.58mg (2.88%), Calcium: 28.18mg (2.82%), Phosphorus: 26.11mg (2.61%), Vitamin B5: 0.15mg (1.54%), Zinc:

0.19mg (1.24%)