

Italian Green Beans

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



172 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 1 pound green beans fresh rinsed trimmed
- 0.3 cup dressing italian

Equipment

- frying pan

Directions

Melt butter in a large skillet over medium heat. Stir in Italian dressing and green beans. Cover and cook for 25 minutes, stirring often.

Uncover and cook until beans reach desired tenderness.

Nutrition Facts

PROTEIN 4.97% **FAT 73.67%** **CARBS 21.36%**

Properties

Glycemic Index:24, Glycemic Load:2.23, Inflammation Score:-7, Nutrition Score:8.8973913827668%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 172.13kcal (8.61%), Fat: 14.85g (22.85%), Saturated Fat: 7.78g (48.64%), Carbohydrates: 9.69g (3.23%), Net Carbohydrates: 6.63g (2.41%), Sugar: 5.29g (5.88%), Cholesterol: 30.5mg (10.17%), Sodium: 243.88mg (10.6%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 2.26g (4.51%), Vitamin K: 57.98µg (55.22%), Vitamin A: 1142.28IU (22.85%), Vitamin C: 13.89mg (16.84%), Manganese: 0.25mg (12.47%), Fiber: 3.06g (12.25%), Folate: 37.85µg (9.46%), Vitamin B6: 0.17mg (8.49%), Vitamin E: 1.12mg (7.44%), Magnesium: 29.37mg (7.34%), Potassium: 255.01mg (7.29%), Vitamin B2: 0.12mg (7.22%), Iron: 1.21mg (6.72%), Vitamin B1: 0.1mg (6.44%), Phosphorus: 48.7mg (4.87%), Calcium: 47.27mg (4.73%), Vitamin B3: 0.86mg (4.29%), Copper: 0.08mg (4.05%), Vitamin B5: 0.27mg (2.71%), Zinc: 0.3mg (1.97%), Selenium: 1.12µg (1.59%)