



Italian Green Beans and Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



346 kcal

SIDE DISH

Ingredients

- ☐ 3 garlic cloves peeled
- ☐ 1.5 pounds green beans trimmed
- ☐ 0.3 cup olive oil plus additional extra-virgin for drizzling
- ☐ 1.5 pounds yukon gold potatoes peeled cut into 1-inch pieces

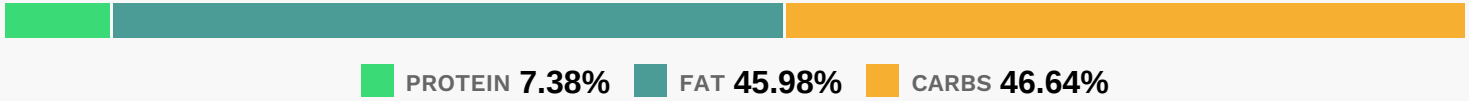
Equipment

- ☐ bowl
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Cook potatoes and garlic in a large pot of boiling salted water (3 tablespoons salt for 6 quarts water), uncovered, until tender, 12 to 15 minutes.
- ☐ Transfer to a large bowl with a slotted spoon and coarsely mash with oil and 1/4 teaspoon salt. Keep warm, covered.
- ☐ Cook green beans in boiling water, uncovered, until tender, 6 to 10 minutes (beans may not be bright green).
- ☐ Drain, then stir into mashed potatoes in bowl.
- ☐ Drizzle with oil.

Nutrition Facts



Properties

Glycemic Index:39.94, Glycemic Load:25.3, Inflammation Score:-8, Nutrition Score:21.609564915947%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg

Nutrients (% of daily need)

Calories: 346.18kcal (17.31%), Fat: 18.54g (28.52%), Saturated Fat: 2.62g (16.35%), Carbohydrates: 42.32g (14.11%), Net Carbohydrates: 33.93g (12.34%), Sugar: 6.89g (7.66%), Cholesterol: 0mg (0%), Sodium: 21.15mg (0.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.69g (13.38%), Vitamin K: 87.25µg (83.09%), Vitamin C: 54.96mg (66.62%), Vitamin B6: 0.77mg (38.48%), Fiber: 8.38g (33.53%), Manganese: 0.67mg (33.26%), Potassium: 1084.22mg (30.98%), Vitamin A: 1177.27IU (23.55%), Vitamin E: 3.31mg (22.05%), Folate: 83.42µg (20.85%), Magnesium: 82.21mg (20.55%), Vitamin B1: 0.28mg (18.67%), Iron: 3.22mg (17.88%), Phosphorus: 165.03mg (16.5%), Copper: 0.31mg (15.39%), Vitamin B3: 3.06mg (15.29%), Vitamin B2: 0.23mg (13.75%), Vitamin B5: 0.9mg (9%), Calcium: 87.6mg (8.76%), Zinc: 0.93mg (6.18%), Selenium: 1.85µg (2.64%)