



## Italian Green Beans with Onion and Basil

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



66 kcal

SIDE DISH

### Ingredients

- 1 tablespoon teaspoons basil dried fresh chopped
- 1 tablespoon butter
- 30 ounce green beans frozen italian-style thawed
- 1 tablespoon olive oil
- 0.5 teaspoon pepper
- 1 teaspoon salt
- 1 cup vegetable stock
- 1 small onion white chopped

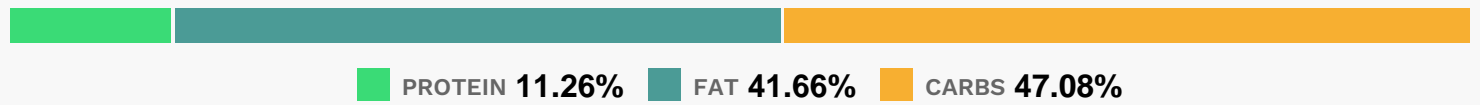
# Equipment

frying pan

# Directions

- Melt butter with oil in large skillet over medium heat; add onion, and saut 5 minutes or until tender.
- Add green beans and remaining ingredients; cook 20 to 25 minutes or until beans are tender.

# Nutrition Facts



# Properties

Glycemic Index:33.75, Glycemic Load:2.46, Inflammation Score:-6, Nutrition Score:7.9134782159134%

# Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

# Nutrients (% of daily need)

Calories: 66.31kcal (3.32%), Fat: 3.42g (5.26%), Saturated Fat: 1.2g (7.5%), Carbohydrates: 8.69g (2.9%), Net Carbohydrates: 5.64g (2.05%), Sugar: 4.09g (4.54%), Cholesterol: 3.76mg (1.25%), Sodium: 426.24mg (18.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.15%), Vitamin K: 48.17µg (45.87%), Vitamin A: 853.89IU (17.08%), Vitamin C: 13.66mg (16.56%), Manganese: 0.26mg (13.02%), Fiber: 3.05g (12.22%), Folate: 36.99µg (9.25%), Vitamin B6: 0.16mg (8.06%), Magnesium: 27.87mg (6.97%), Potassium: 239.99mg (6.86%), Vitamin B2: 0.11mg (6.7%), Iron: 1.15mg (6.37%), Vitamin B1: 0.09mg (6.1%), Vitamin E: 0.73mg (4.89%), Phosphorus: 43.69mg (4.37%), Calcium: 42.96mg (4.3%), Copper: 0.08mg (3.98%), Vitamin B3: 0.79mg (3.97%), Vitamin B5: 0.25mg (2.54%), Zinc: 0.28mg (1.84%), Selenium: 0.71µg (1.01%)