

Marilyn's Green Beans Italiano

READY IN



35 min.

SERVINGS



6

CALORIES



159 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 1.5 pounds green beans fresh trimmed cut into 1-inch pieces
- 1.5 teaspoons parsley fresh chopped
- 0.5 cup seasoned bread crumbs
- 0.3 cup parmesan cheese grated
- 6 servings salt and pepper to taste

Equipment

- frying pan

paper towels

sauce pan

Directions

Place the green beans in a saucepan with a lid and pour enough water over the beans to cover; bring to a boil. Reduce the heat to low and cover; simmer until the beans are tender but still crisp, about 10 minutes.

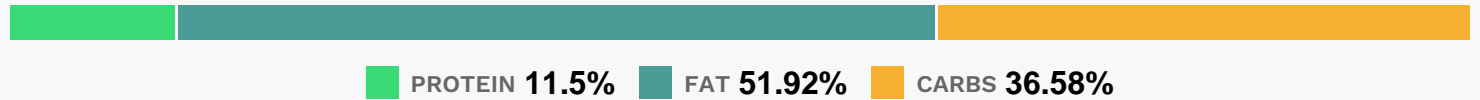
Drain.

Spread the beans onto paper towels to dry.

Melt the butter in a large skillet over medium-low heat; stir the bread crumbs and Parmesan cheese into the melted butter. Reduce heat to low; add the beans and cook and stir until the beans are heated through and the crumbs are beginning to brown, about 3 minutes. Season with salt and pepper.

Sprinkle the parsley over the mixture to serve.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:2.23, Inflammation Score:-7, Nutrition Score:10.649130443516%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg 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: 158.82kcal (7.94%), Fat: 9.64g (14.82%), Saturated Fat: 5.7g (35.65%), Carbohydrates: 15.28g (5.09%), Net Carbohydrates: 11.72g (4.26%), Sugar: 4.28g (4.76%), Cholesterol: 24.06mg (8.02%), Sodium: 467.94mg (20.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.61%), Vitamin K: 54.5µg (51.91%), Vitamin A: 1076.26IU (21.53%), Manganese: 0.35mg (17.37%), Vitamin C: 14.14mg (17.14%), Fiber: 3.55g (14.21%), Vitamin B1: 0.19mg (12.71%), Folate: 49.89µg (12.47%), Vitamin B2: 0.18mg (10.41%), Calcium: 99.42mg (9.94%), Iron: 1.68mg (9.35%), Vitamin B6: 0.18mg (9.03%), Phosphorus: 89.49mg (8.95%), Magnesium: 34.61mg (8.65%), Potassium: 272.49mg (7.79%), Vitamin B3: 1.46mg (7.28%), Selenium: 4.7µg (6.72%), Copper: 0.1mg (5.22%), Vitamin E: 0.73mg (4.88%),

Zinc: 0.6mg (4.03%), Vitamin B5: 0.34mg (3.41%), Vitamin B12: 0.11µg (1.79%)