

Marinated Green Beans

 Vegetarian  Vegan  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



125 kcal

SIDE DISH

Ingredients

- 1.5 pounds green beans fresh trimmed
- 1 garlic clove minced
- 0.5 teaspoon pepper
- 1 small onion red thinly sliced
- 6 servings try build-a-meal
- 0.8 teaspoon salt
- 0.3 cup sugar
- 2 tablespoons vegetable oil

0.8 cup vinegar white

Equipment

bowl

whisk

slotted spoon

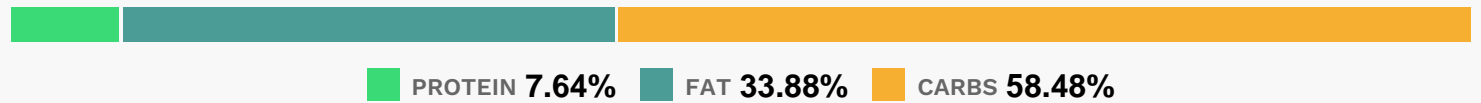
Directions

Cook beans in boiling water to cover 4 to 5 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain.

Whisk together vinegar and next 5 ingredients in a large bowl; add beans and onion, tossing to coat. Cover and chill 4 hours.

Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:42.52, Glycemic Load:8.5, Inflammation Score:-7, Nutrition Score:9.3304348717565%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg

Nutrients (% of daily need)

Calories: 124.79kcal (6.24%), Fat: 4.86g (7.48%), Saturated Fat: 0.76g (4.76%), Carbohydrates: 18.89g (6.3%), Net Carbohydrates: 15.24g (5.54%), Sugar: 12.82g (14.24%), Cholesterol: 0mg (0%), Sodium: 299.07mg (13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.93%), Vitamin K: 57.51µg (54.77%), Manganese: 0.38mg (19.19%), Vitamin C: 15.35mg (18.6%), Vitamin A: 783.88IU (15.68%), Fiber: 3.65g (14.61%), Folate: 41.1µg (10.27%), Vitamin B6: 0.19mg (9.63%), Magnesium: 33.4mg (8.35%), Potassium: 278.42mg (7.95%), Vitamin B2: 0.13mg (7.55%), Iron: 1.31mg (7.29%), Vitamin B1: 0.11mg (7.04%), Vitamin E: 0.86mg (5.7%), Phosphorus: 57.03mg (5.7%), Calcium: 50.55mg (5.06%), Copper: 0.1mg (4.94%), Vitamin B3: 0.91mg (4.57%), Vitamin B5: 0.3mg (2.98%), Zinc: 0.37mg (2.48%), Selenium: 1.57µg (2.24%)