



Microwave-Steamed Garlic Green Beans

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



61 kcal

SIDE DISH

Ingredients

- 1 pound green beans
- 1 garlic clove peeled smashed
- 1 tablespoon butter
- 1 serving coarse salt

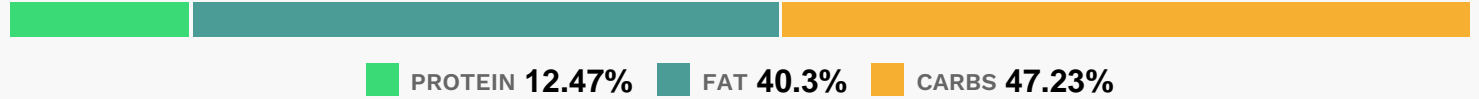
Equipment

- microwave

Directions

- Place beans, garlic, butter, and cup water in a 2- to 2 1/2-quart shallow microwave-safe dish with a lid; season with salt. Cover, and microwave on high until beans are crisp-tender, 6 to 7 minutes. Stir, and pour off any excess liquid.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:2.3, Inflammation Score:-6, Nutrition Score:8.0347826315657%

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: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 61.37kcal (3.07%), Fat: 3.09g (4.76%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 8.15g (2.72%), Net Carbohydrates: 5.08g (1.85%), Sugar: 3.71g (4.12%), Cholesterol: 7.53mg (2.51%), Sodium: 77.88mg (3.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.31%), Vitamin K: 49.02µg (46.68%), Vitamin A: 869.98IU (17.4%), Vitamin C: 14.07mg (17.05%), Manganese: 0.26mg (12.88%), Fiber: 3.08g (12.31%), Folate: 37.55µg (9.39%), Vitamin B6: 0.17mg (8.46%), Magnesium: 28.61mg (7.15%), Vitamin B2: 0.12mg (7.06%), Potassium: 243.13mg (6.95%), Iron: 1.18mg (6.57%), Vitamin B1: 0.09mg (6.31%), Phosphorus: 45.08mg (4.51%), Calcium: 44.18mg (4.42%), Vitamin B3: 0.84mg (4.2%), Copper: 0.08mg (4.03%), Vitamin E: 0.55mg (3.64%), Vitamin B5: 0.26mg (2.63%), Zinc: 0.28mg (1.89%), Selenium: 0.82µg (1.17%)