



Mom's Great Green Beans

 **Gluten Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



8

CALORIES



48 kcal

SIDE DISH

Ingredients

- 1 cube beef bouillon cubes
- 1 tablespoon butter
- 30 ounce green beans canned
- 0.1 teaspoon garlic pepper seasoning
- 1 teaspoon soya sauce
- 1 tablespoon worcestershire sauce

Equipment

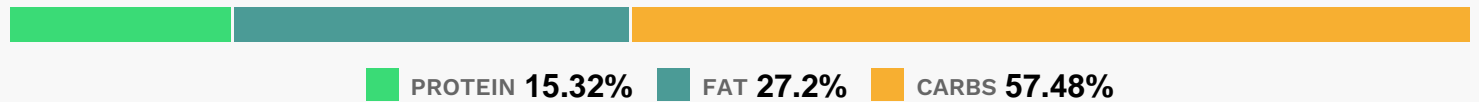
- bowl

- sauce pan
- slotted spoon

Directions

- Drain the green beans, reserving 1/2 of the liquid. Dissolve the bouillon cube in the reserved liquid.
- Place green beans and liquid in a saucepan.
- Add Worcestershire sauce, soy sauce, butter or margarine and garlic pepper seasoning to taste. Simmer gently for 15 minutes.
- Remove to serving bowl leaving beans sitting in their liquid. Use a slotted spoon to serve.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:2.1, Inflammation Score:-6, Nutrition Score:7.5865217495872%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 48.43kcal (2.42%), Fat: 1.67g (2.57%), Saturated Fat: 0.96g (6.01%), Carbohydrates: 7.95g (2.65%), Net Carbohydrates: 5.07g (1.84%), Sugar: 3.76g (4.18%), Cholesterol: 3.78mg (1.26%), Sodium: 195.16mg (8.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Vitamin K: 45.91µg (43.72%), Vitamin C: 13.25mg (16.06%), Vitamin A: 779.13IU (15.58%), Manganese: 0.24mg (11.95%), Fiber: 2.88g (11.54%), Folate: 35.59µg (8.9%), Vitamin B6: 0.15mg (7.62%), Potassium: 245.55mg (7.02%), Iron: 1.24mg (6.88%), Magnesium: 27.47mg (6.87%), Vitamin B2: 0.12mg (6.84%), Vitamin B1: 0.09mg (6.01%), Phosphorus: 44.13mg (4.41%), Calcium: 42.59mg (4.26%), Vitamin B3: 0.84mg (4.2%), Copper: 0.08mg (3.95%), Vitamin E: 0.48mg (3.19%), Vitamin B5: 0.25mg (2.46%), Zinc: 0.27mg (1.77%), Selenium: 0.8µg (1.14%)