



WHATSheATE



Oregano Green Beans



Vegetarian



Gluten Free

READY IN



27 min.

SERVINGS



8

CALORIES



111 kcal

SIDE DISH

Ingredients

- ☐ 14.5 oz canned tomatoes diced drained canned
- ☐ 0.5 cup feta cheese crumbled
- ☐ 1 pound green beans fresh trimmed
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 2 tablespoons olive oil

- ☐ 2 cups onion chopped
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.8 teaspoon salt

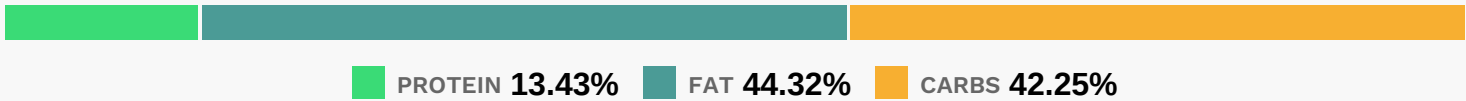
Equipment

- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Saut onion in hot oil in a Dutch oven over medium heat 8 minutes or until tender.
- ☐ Add garlic; cook, stirring often, 4 minutes or until garlic is tender and golden brown.
- ☐ Add beans and next 6 ingredients; bring to a boil. Reduce heat to low; cover and simmer 10 minutes or until beans are tender. Stir in lemon juice.
- ☐ Transfer to a serving dish; sprinkle with feta.
- ☐ Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:3.15, Inflammation Score:-8, Nutrition Score:10.067391281543%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 9.68mg, Quercetin: 9.68mg, Quercetin: 9.68mg, Quercetin: 9.68mg

Nutrients (% of daily need)

Calories: 111.28kcal (5.56%), Fat: 5.95g (9.16%), Saturated Fat: 1.84g (11.47%), Carbohydrates: 12.77g (4.26%), Net Carbohydrates: 9.26g (3.37%), Sugar: 5.91g (6.56%), Cholesterol: 8.34mg (2.78%), Sodium: 402.76mg (17.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Vitamin K: 41.84µg (39.84%), Vitamin C: 16.13mg (19.55%), Manganese: 0.33mg (16.29%), Fiber: 3.51g (14.06%), Vitamin B6: 0.26mg (12.95%), Vitamin A: 595.64IU (11.91%), Vitamin B2: 0.18mg (10.87%), Calcium: 106.64mg (10.66%), Potassium: 362.91mg (10.37%), Vitamin E: 1.53mg (10.17%), Folate: 38.64µg (9.66%), Iron: 1.73mg (9.61%), Phosphorus: 87.74mg (8.77%), Copper: 0.17mg (8.36%), Magnesium: 32.74mg (8.19%), Vitamin B1: 0.12mg (8.05%), Vitamin B3: 1.43mg (7.13%), Zinc: 0.66mg (4.38%), Vitamin B5: 0.42mg (4.24%), Selenium: 2.35µg (3.35%), Vitamin B12: 0.17µg (2.89%)