



Oven-Roasted Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



35 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 teaspoons olive oil extravirgin
- ☐ 2 pounds green beans trimmed
- ☐ 1 teaspoon sea salt

Equipment

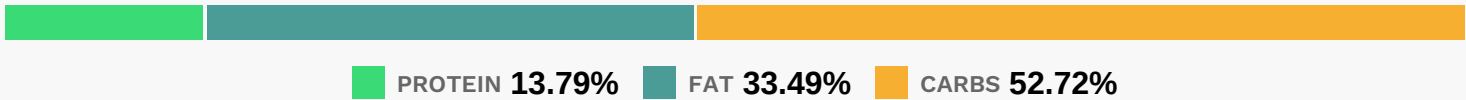
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 425
- ☐ Place a jelly-roll pan in oven for 10 minutes.
- ☐ Place beans in a large bowl.
- ☐ Drizzle with oil; sprinkle with salt and pepper. Toss well to coat. Arrange green bean mixture in a single layer on preheated baking sheet.
- ☐ Bake at 425 for 8 minutes or until crisp-tender.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:1.5, Inflammation Score:-5, Nutrition Score:5.3339130826618%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 35.43kcal (1.77%), Fat: 1.5g (2.31%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 3.26g (1.19%), Sugar: 2.47g (2.74%), Cholesterol: 0mg (0%), Sodium: 198.37mg (8.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Vitamin K: 33.45µg (31.85%), Vitamin C: 9.22mg (11.18%), Vitamin A: 522.09IU (10.44%), Manganese: 0.17mg (8.72%), Fiber: 2.06g (8.25%), Folate: 24.96µg (6.24%), Vitamin B6: 0.11mg (5.34%), Magnesium: 19.05mg (4.76%), Vitamin B2: 0.08mg (4.63%), Potassium: 160.67mg (4.59%), Iron: 0.8mg (4.42%), Vitamin B1: 0.06mg (4.14%), Vitamin E: 0.5mg (3.35%), Phosphorus: 28.86mg (2.89%), Calcium: 28.47mg (2.85%), Vitamin B3: 0.56mg (2.78%), Copper: 0.05mg (2.67%), Vitamin B5: 0.17mg (1.71%), Zinc: 0.18mg (1.22%)