



Pan Fried Green Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



110 kcal

SIDE DISH

Ingredients

- 1.5 pounds green beans fresh trimmed
- 6 servings garlic powder to taste
- 3 tablespoons olive oil
- 6 servings onion powder to taste
- 6 servings salt and pepper to taste

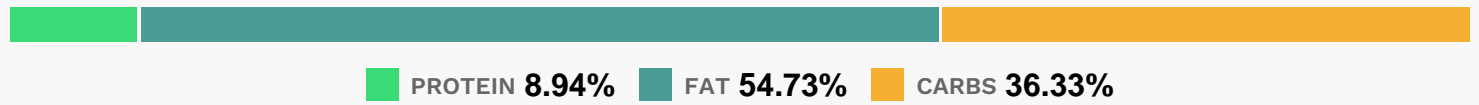
Equipment

- frying pan
- pot

Directions

- In a stainless steel pot over medium-high heat, combine green beans, garlic powder, onion powder, salt and pepper. Cook, covered, until the beans begin to sweat.
- Remove lid and stir occasionally until beans are tender.
- When the beans and spices have begun to 'burn' on the bottom of the pan, which will lend a grilled flavor, stir in the olive oil and turn off heat. Cover, and let stand a few minutes. Scrape the bottom of the pan to incorporate the 'burnt' spices. Beans should have a dark, caramel color, but not black.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:2.32, Inflammation Score:-6, Nutrition Score:9.0678261362988%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 110.37kcal (5.52%), Fat: 7.28g (11.2%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 10.88g (3.63%), Net Carbohydrates: 7.39g (2.69%), Sugar: 3.84g (4.26%), Cholesterol: 0mg (0%), Sodium: 203.26mg (8.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.35%), Vitamin K: 53.03µg (50.5%), Vitamin C: 14.1mg (17.1%), Vitamin A: 782.45IU (15.65%), Manganese: 0.29mg (14.39%), Fiber: 3.48g (13.93%), Vitamin B6: 0.22mg (10.83%), Vitamin E: 1.5mg (9.97%), Folate: 39.47µg (9.87%), Potassium: 285.02mg (8.14%), Magnesium: 31.79mg (7.95%), Iron: 1.42mg (7.87%), Vitamin B1: 0.11mg (7.37%), Vitamin B2: 0.12mg (7.23%), Phosphorus: 58.73mg (5.87%), Copper: 0.1mg (5.01%), Calcium: 48.36mg (4.84%), Vitamin B3: 0.86mg (4.3%), Vitamin B5: 0.28mg (2.85%), Zinc: 0.4mg (2.69%), Selenium: 1.54µg (2.2%)