



Parmesan-Garlic Butter Green Beans

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



60 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 small clove garlic finely chopped
- ☐ 4 cups green beans whole frozen
- ☐ 1 tablespoon parmesan cheese grated

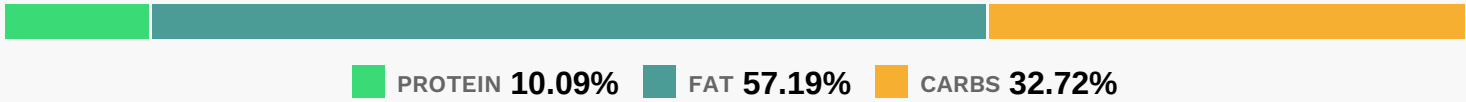
Equipment

- ☐ sauce pan

Directions

- ☐ Cook green beans as directed on bag to desired doneness--except do not season to taste; drain.
- ☐ Meanwhile, in 1-quart saucepan, melt butter over medium-low heat.
- ☐ Add garlic; cook 2 to 3 minutes, stirring frequently, until garlic is tender.
- ☐ Pour garlic butter over cooked green beans; stir to coat.
- ☐ Sprinkle with cheese; toss gently.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:1.49, Inflammation Score:-5, Nutrition Score:5.4091304837848%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 60.45kcal (3.02%), Fat: 4.18g (6.43%), Saturated Fat: 2.56g (16.03%), Carbohydrates: 5.38g (1.79%), Net Carbohydrates: 3.39g (1.23%), Sugar: 2.4g (2.67%), Cholesterol: 10.76mg (3.59%), Sodium: 49.08mg (2.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Vitamin K: 31.88µg (30.36%), Vitamin A: 629.87IU (12.6%), Vitamin C: 9.1mg (11.03%), Manganese: 0.17mg (8.37%), Fiber: 1.99g (7.96%), Folate: 24.41µg (6.1%), Vitamin B6: 0.11mg (5.52%), Vitamin B2: 0.08mg (4.78%), Magnesium: 18.84mg (4.71%), Potassium: 159.39mg (4.55%), Iron: 0.77mg (4.27%), Vitamin B1: 0.06mg (4.11%), Calcium: 36.53mg (3.65%), Phosphorus: 35.03mg (3.5%), Vitamin E: 0.41mg (2.76%), Vitamin B3: 0.54mg (2.72%), Copper: 0.05mg (2.62%), Vitamin B5: 0.18mg (1.76%), Zinc: 0.22mg (1.48%), Selenium: 0.85µg (1.21%)