Peppery Green Bean Medley

Vegetarian · Gluten Free · Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	5	47 kcal

SIDE DISH

Ingredients

- [ ] 0.3 teaspoon pepper black
- [ ] 0.7 cup less-sodium chicken broth fat-free
- [ ] 1 pound green beans fresh
- [ ] 2 garlic cloves minced
- [ ] 1 small bell pepper green seeded cut into thin strips
- [ ] 0.3 teaspoon ground pepper red
- [ ] 1 small bell pepper red seeded cut into thin strips
- [ ] 1 onion red separated sliced

- [ ] 0.1 teaspoon salt

Equipment

- [ ] frying pan

Directions

- [ ] Wash beans; trim ends, and remove strings.
- [ ] Cut beans into 1-inch pieces, and set aside.
- [ ] Combine broth, ground red pepper, and garlic in a large nonstick skillet; bring to a boil over medium heat. Stir in beans; cover and cook 5 minutes.
- [ ] Add bell pepper strips and onion; cook, uncovered, 5 to 7 minutes or until crisp-tender, stirring often. Gently stir in black pepper and salt.
- [ ] Serve immediately.

Nutrition Facts

PROTEIN **17.69%** FAT **6.02%** CARBS **76.29%**

Properties

Glycemic Index:41.8, Glycemic Load:2.6, Inflammation Score:-8, Nutrition Score:10.373478319334%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 7.32mg, Quercetin: 7.32mg, Quercetin: 7.32mg, Quercetin: 7.32mg

Nutrients (% of daily need)

Calories: 47.3kcal (2.36%), Fat: 0.37g (0.57%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 10.52g (3.51%), Net Carbohydrates: 7.05g (2.56%), Sugar: 4.94g (5.48%), Cholesterol: 0mg (0%), Sodium: 189.54mg (8.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.88%), Vitamin C: 43.99mg (53.32%), Vitamin K: 41.18µg (39.22%), Vitamin A: 1186.81IU (23.74%), Manganese: 0.3mg (14.86%), Fiber: 3.46g (13.85%), Vitamin B6: 0.25mg (12.62%), Folate: 42.87µg (10.72%), Potassium: 297.91mg (8.51%), Vitamin B2: 0.13mg (7.4%), Magnesium: 29.06mg (7.27%), Vitamin B1: 0.11mg (7.06%), Iron: 1.18mg (6.53%), Vitamin B3: 1.09mg (5.47%), Phosphorus: 53.28mg (5.33%), Copper: 0.09mg (4.73%), Vitamin E: 0.7mg (4.65%), Calcium: 45.15mg (4.52%), Vitamin B5: 0.34mg (3.38%), Zinc: 0.34mg (2.23%), Selenium: 1.52µg (2.17%), Vitamin B12: 0.06µg (1.01%)