



## Pimiento Green Beans

 **Gluten Free**

READY IN



**15 min.**

SERVINGS



**10**

CALORIES



**116 kcal**

**SIDE DISH**

### Ingredients

- 14 ounces chicken broth canned
- 2 pounds green beans fresh cut into 2-inch pieces
- 0.5 cup onion chopped
- 0.3 cup parmesan shredded
- 0.1 teaspoon pepper
- 2 ounces pimientos drained chopped
- 0.5 teaspoon salt

### Equipment

sauce pan

## Directions

- In a large saucepan, bring beans, broth and onion to a boil. Reduce heat; cover and cook for 10–15 minutes or until crisp–tender.
- Drain. Stir in the pimientos, salt and pepper.
- Sprinkle with Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:17.7, Glycemic Load:2.07, Inflammation Score:-7, Nutrition Score:9.721739264934%

## Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

## Nutrients (% of daily need)

Calories: 116.2kcal (5.81%), Fat: 4.09g (6.29%), Saturated Fat: 1.36g (8.47%), Carbohydrates: 7.88g (2.63%), Net Carbohydrates: 5.16g (1.87%), Sugar: 3.51g (3.89%), Cholesterol: 21.54mg (7.18%), Sodium: 354.36mg (15.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.76g (25.52%), Vitamin K: 40.62µg (38.68%), Vitamin C: 17.56mg (21.28%), Vitamin A: 866.57IU (17.33%), Selenium: 8.46µg (12.09%), Phosphorus: 116.1mg (11.61%), Vitamin B6: 0.23mg (11.51%), Fiber: 2.72g (10.89%), Manganese: 0.22mg (10.77%), Iron: 1.61mg (8.93%), Vitamin B2: 0.15mg (8.75%), Zinc: 1.31mg (8.71%), Vitamin B3: 1.68mg (8.39%), Folate: 32.83µg (8.21%), Magnesium: 32.56mg (8.14%), Potassium: 277.42mg (7.93%), Calcium: 71.14mg (7.11%), Vitamin B12: 0.43µg (7.11%), Vitamin B1: 0.08mg (5.35%), Copper: 0.09mg (4.51%), Vitamin E: 0.55mg (3.69%), Vitamin B5: 0.23mg (2.26%)