



WHATSheATE



HEALTH SCORE

82%

Red Pepper and Pesto Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



122 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients



1 garlic clove



1 pound green beans trimmed



2 teaspoons juice of lemon



1 tablespoon olive oil extra virgin extra-virgin



0.5 cup parsley



1 bell pepper red sliced



0.1 teaspoon salt



0.3 teaspoon salt

- ☐ 0.3 cup pistachios unsalted
- ☐ 1 tablespoon water

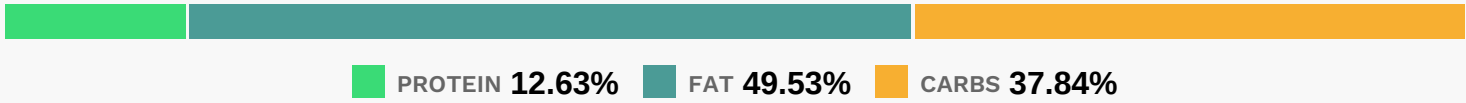
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven

Directions

- ☐ Place jelly-roll pan on bottom rack of oven. Preheat to 45
- ☐ Toss green beans, bell pepper, 1 tablespoon olive oil, and 1/4 teaspoon salt; spread on pan.
- ☐ Bake 8 minutes, stirring after 4 minutes. Pulse parsley, pistachios, water, 1 tablespoon olive oil, lemon juice, 1/8 teaspoon salt, and garlic clove in food processor. Toss with bean mixture.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:2.74, Inflammation Score:-9, Nutrition Score:17.724782497987%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 122.17kcal (6.11%), Fat: 7.43g (11.43%), Saturated Fat: 1g (6.26%), Carbohydrates: 12.77g (4.26%), Net Carbohydrates: 8.02g (2.92%), Sugar: 5.68g (6.31%), Cholesterol: 0mg (0%), Sodium: 231.08mg (10.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.53%), Vitamin K: 176.35µg (167.96%), Vitamin C: 63.32mg (76.75%), Vitamin A: 2365.85IU (47.32%), Manganese: 0.4mg (19.96%), Fiber: 4.75g (19%), Vitamin B6: 0.35mg (17.49%), Folate: 66.95µg (16.74%), Potassium: 426.9mg (12.2%), Iron: 2.11mg (11.71%), Vitamin B1: 0.17mg (11.4%), Magnesium: 44.43mg (11.11%), Vitamin E: 1.67mg (11.11%), Vitamin B2: 0.17mg (9.99%), Copper: 0.2mg (9.85%),

Phosphorus: 92.58mg (9.26%), Vitamin B3: 1.33mg (6.67%), Calcium: 64.41mg (6.44%), Vitamin B5: 0.43mg (4.27%),
Zinc: 0.62mg (4.12%), Selenium: 1.6µg (2.28%)