



Roasted Green Beans

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

2

CALORIES

calories

49 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound green beans fresh
- ☐ 1 clove garlic sliced
- ☐ 1 teaspoon juice of lemon
- ☐ 1 teaspoon lemon-pepper seasoning salt-free
- ☐ 0.5 teaspoon olive oil

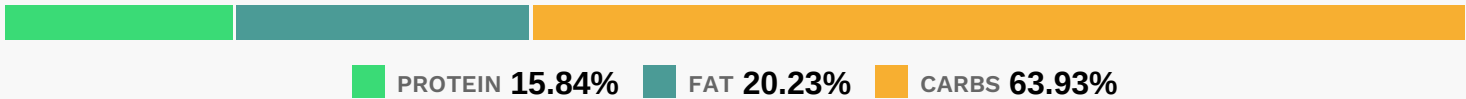
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Wash beans; remove ends.
- ☐ Place beans in a 13- x 9- x 2-inch pan; add garlic. Coat beans and garlic with cooking spray; toss well.
- ☐ Drizzle lemon juice and olive oil over beans and garlic; sprinkle with lemon-pepper seasoning.
- ☐ Bake at 450 for 8 minutes or until beans are crisp-tender, stirring once.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:2.49, Inflammation Score:-6, Nutrition Score:8.6917390460553%

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 Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 49.29kcal (2.46%), Fat: 1.3g (1.99%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 9.21g (3.07%), Net Carbohydrates: 5.86g (2.13%), Sugar: 3.78g (4.2%), Cholesterol: 0mg (0%), Sodium: 7.3mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.57%), Vitamin K: 51.03µg (48.6%), Manganese: 0.4mg (19.89%), Vitamin C: 15.27mg (18.51%), Vitamin A: 788.2IU (15.76%), Fiber: 3.35g (13.41%), Folate: 38.14µg (9.53%), Vitamin B6: 0.18mg (9.13%), Magnesium: 30.58mg (7.65%), Potassium: 261.16mg (7.46%), Iron: 1.3mg (7.21%), Vitamin B2: 0.12mg (7.16%), Vitamin B1: 0.1mg (6.51%), Calcium: 49.26mg (4.93%), Copper: 0.1mg (4.82%), Phosphorus: 47.17mg (4.72%), Vitamin B3: 0.86mg (4.28%), Vitamin E: 0.62mg (4.16%), Vitamin B5: 0.28mg (2.81%), Zinc: 0.3mg (2.02%), Selenium: 0.94µg (1.35%)