



Roasted Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



71 kcal

SIDE DISH

Ingredients



0.5 teaspoon pepper black freshly ground



2 pounds green beans fresh trimmed



1 teaspoon kosher salt

Equipment



frying pan



paper towels

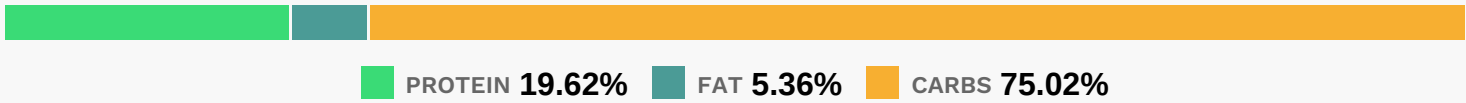


oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Pat green beans dry with paper towels if necessary; spread onto a jellyroll pan.
- ☐ Drizzle with olive oil and sprinkle with salt and pepper. Use your fingers to coat beans evenly with olive oil and spread them out so they don't overlap.
- ☐ Roast in the preheated oven until beans are slightly shriveled and have brown spots, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:4.49, Inflammation Score:-8, Nutrition Score:15.732608598212%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg

Nutrients (% of daily need)

Calories: 70.93kcal (3.55%), Fat: 0.51g (0.78%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 15.97g (5.32%), Net Carbohydrates: 9.78g (3.56%), Sugar: 7.4g (8.22%), Cholesterol: 0mg (0%), Sodium: 595.03mg (25.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.35%), Vitamin K: 97.93µg (93.27%), Vitamin C: 27.67mg (33.54%), Vitamin A: 1566.26IU (31.33%), Manganese: 0.52mg (26.16%), Fiber: 6.19g (24.75%), Folate: 74.89µg (18.72%), Vitamin B6: 0.32mg (16.03%), Magnesium: 57.14mg (14.29%), Vitamin B2: 0.24mg (13.9%), Potassium: 481.98mg (13.77%), Iron: 2.37mg (13.14%), Vitamin B1: 0.19mg (12.42%), Phosphorus: 86.58mg (8.66%), Calcium: 85.38mg (8.54%), Vitamin B3: 1.67mg (8.34%), Copper: 0.16mg (8.01%), Vitamin E: 0.93mg (6.22%), Vitamin B5: 0.51mg (5.14%), Zinc: 0.55mg (3.66%), Selenium: 1.37µg (1.96%)