



Roasted Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



90 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound haricots verts trimmed
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup shallots thinly sliced
- ☐ 0.5 pound turtle beans trimmed

Equipment

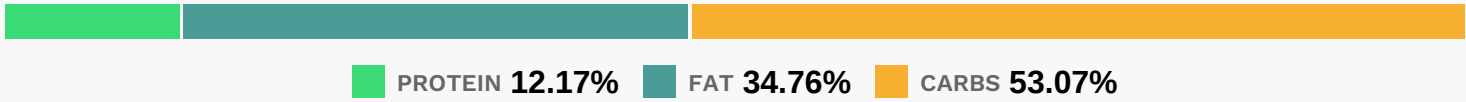
- ☐ baking sheet
- ☐ oven

☐ aluminum foil

Directions

- ☐ Preheat oven to 45
- ☐ Combine haricots verts, wax beans, shallots, olive oil, and kosher salt on a foil-lined baking sheet. Roast at 450 for 10 minutes or until crisp-tender.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:3.08, Inflammation Score:-6, Nutrition Score:7.8026088424351%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 90.22kcal (4.51%), Fat: 3.77g (5.8%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 12.95g (4.32%), Net Carbohydrates: 9.62g (3.5%), Sugar: 4.18g (4.64%), Cholesterol: 0mg (0%), Sodium: 155.77mg (6.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.94%), Vitamin C: 21.19mg (25.68%), Vitamin K: 26.72µg (25.45%), Folate: 85.46µg (21.37%), Fiber: 3.33g (13.31%), Manganese: 0.21mg (10.46%), Potassium: 336.98mg (9.63%), Vitamin B6: 0.18mg (9.1%), Magnesium: 35.7mg (8.92%), Iron: 1.58mg (8.8%), Vitamin A: 392.41IU (7.85%), Phosphorus: 60.84mg (6.08%), Calcium: 57.56mg (5.76%), Copper: 0.1mg (5.25%), Vitamin E: 0.75mg (4.99%), Vitamin B1: 0.06mg (4.28%), Vitamin B2: 0.06mg (3.82%), Zinc: 0.48mg (3.21%), Vitamin B3: 0.48mg (2.38%), Vitamin B5: 0.21mg (2.13%)