



Roasted Green Beans and Scallions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



128 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon rosemary leaves fresh minced
- ☐ 2 teaspoon thyme leaves fresh minced
- ☐ 6 clove garlic peeled quartered
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup olive oil plus more if needed
- ☐ 1 teaspoon freshly cracked pepper black

Equipment

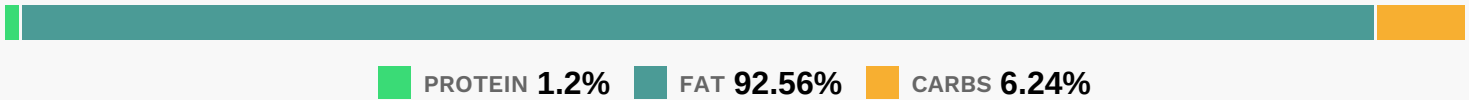
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place the oven rack in the center position. Preheat the oven to 375 F.
- ☐ Combine green beans, scallions, garlic, thyme and rosemary in a large bowl.
- ☐ Add the oil and toss until well coated.
- ☐ Lay the beans and scallions out on a parchment lined baking sheet as flat as possible; season with salt and pepper. Roast the beans, turning them every 15 minutes or so to prevent sticking (add more oil if needed). Continue roasting until wilted, shriveled and browned around the edges, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.53, Inflammation Score:-7, Nutrition Score:2.168695675938%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 128.34kcal (6.42%), Fat: 13.56g (20.86%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 2.06g (0.69%), Net Carbohydrates: 1.69g (0.62%), Sugar: 0.05g (0.05%), Cholesterol: 0mg (0%), Sodium: 582.6mg (25.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.79%), Vitamin E: 1.95mg (13.02%), Vitamin K: 9.02µg (8.59%), Manganese: 0.16mg (7.9%), Vitamin C: 3.01mg (3.65%), Vitamin B6: 0.06mg (3.04%), Iron: 0.38mg (2.12%), Calcium: 14.98mg (1.5%), Fiber: 0.36g (1.46%), Copper: 0.03mg (1.31%), Vitamin A: 51.38IU (1.03%)