



Roasted Green Beans with Onions

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



51 kcal

SIDE DISH

Ingredients

- 1 teaspoon sesame oil dark
- 12 ounce green beans fresh trimmed
- 1 cup onion sliced ()
- 0.3 teaspoon salt

Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 50
- Combine first 4 ingredients in a large bowl; toss to coat. Arrange bean mixture in a single layer on a jelly-roll pan.
- Bake at 500 for 10 minutes; stir beans.
- Bake an additional 3 minutes or until beans are tender.
- Sprinkle with sesame seeds, if desired.

Nutrition Facts

 PROTEIN **13.84%**  FAT **19.15%**  CARBS **67.01%**

Properties

Glycemic Index:18.25, Glycemic Load:2.5, Inflammation Score:0, Nutrition Score:6.8465217559234%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 10.44mg, Quercetin: 10.44mg, Quercetin: 10.44mg, Quercetin: 10.44mg

Nutrients (% of daily need)

Calories: 51.21kcal (2.56%), Fat: 1.23g (1.89%), Saturated Fat: 0.2g (1.26%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 6.69g (2.43%), Sugar: 4.47g (4.97%), Cholesterol: 0mg (0%), Sodium: 152.05mg (6.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (3.99%), Vitamin K: 36.87µg (35.11%), Vitamin C: 13.34mg (16.16%), Fiber: 2.98g (11.91%), Manganese: 0.24mg (11.78%), Vitamin A: 587.64IU (11.75%), Folate: 35.67µg (8.92%), Vitamin B6: 0.17mg (8.4%), Potassium: 237.88mg (6.8%), Magnesium: 25.27mg (6.32%), Vitamin B1: 0.09mg (5.88%), Vitamin B2: 0.1mg (5.84%), Iron: 0.96mg (5.34%), Phosphorus: 43.92mg (4.39%), Calcium: 40.76mg (4.08%), Copper: 0.07mg (3.72%), Vitamin B3: 0.67mg (3.35%), Vitamin E: 0.37mg (2.47%), Vitamin B5: 0.24mg (2.41%), Zinc: 0.27mg (1.82%), Selenium: 0.71µg (1.02%)