



WHATSheATE



Roasted Green Beans with Sun-dried Tomatoes



Vegetarian



Gluten Free



Low Fod Map

READY IN



27 min.

SERVINGS



10

CALORIES



131 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 1.5 pounds green beans fresh trimmed
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup pinenuts
- ☐ 1 teaspoon salt
- ☐ 0.5 cup sun-dried tomatoes chopped in oil

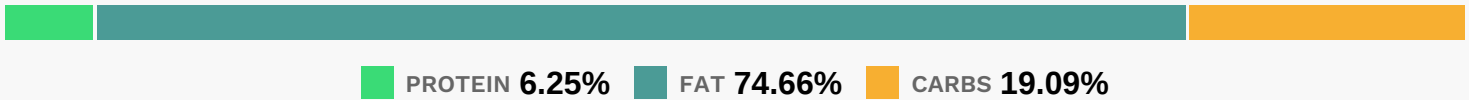
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Toss together all ingredients.
- ☐ Place mixture on an 18- x 12-inch jelly-roll pan.
- ☐ Bake 12 to 15 minutes or to desired degree of doneness, stirring twice.
- ☐ Try This Twist!
- ☐ Roasted Brussels Sprouts with Sun-dried Tomatoes: Substitute 2 lb. fresh Brussels sprouts for 1 1/2 lb. green beans.
- ☐ Remove discolored leaves from Brussels sprouts, cut off stem ends, and halve. Toss together all ingredients except sun-dried tomatoes.
- ☐ Bake at 425 for 25 to 30 minutes or until golden and tender, stirring once halfway through and adding sun-dried tomatoes during the last 5 minutes of baking time.

Nutrition Facts



Properties

Glycemic Index:12.8, Glycemic Load:1.35, Inflammation Score:-6, Nutrition Score:7.9652174267432%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 130.59kcal (6.53%), Fat: 11.61g (17.86%), Saturated Fat: 3.1g (19.37%), Carbohydrates: 6.68g (2.23%), Net Carbohydrates: 4.33g (1.58%), Sugar: 2.38g (2.65%), Cholesterol: 9.03mg (3.01%), Sodium: 278.46mg (12.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.37%), Vitamin K: 34.67µg (33.02%), Manganese:

0.58mg (29.1%), Vitamin C: 13.94mg (16.89%), Vitamin A: 647.01IU (12.94%), Fiber: 2.35g (9.39%), Vitamin E: 1.4mg (9.35%), Magnesium: 33.02mg (8.26%), Potassium: 258.93mg (7.4%), Copper: 0.13mg (6.69%), Folate: 25.39µg (6.35%), Iron: 1.13mg (6.3%), Vitamin B2: 0.1mg (6.1%), Phosphorus: 60.54mg (6.05%), Vitamin B6: 0.12mg (5.91%), Vitamin B1: 0.08mg (5.54%), Vitamin B3: 0.9mg (4.5%), Zinc: 0.5mg (3.35%), Calcium: 30.12mg (3.01%), Vitamin B5: 0.2mg (2%)