



Roasted Potatoes and Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



143 kcal

SIDE DISH

Ingredients



0.3 teaspoon pepper black



1 pound fingerling potatoes halved lengthwise



2 garlic cloves thinly sliced



10 ounce haricots verts trimmed



1 tablespoon olive oil



0.3 teaspoon salt

Equipment



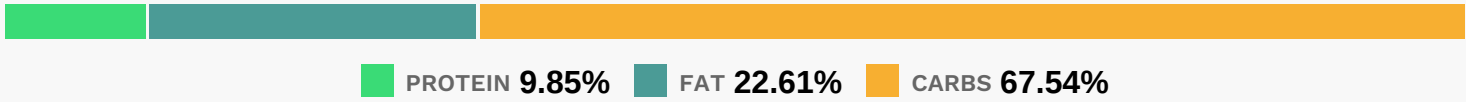
frying pan

☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Combine olive oil, salt, black pepper, potatoes, haricots verts, and garlic on a jelly-roll pan coated with cooking spray; toss to coat.
- ☐ Bake at 425 on bottom rack for 25 minutes, stirring once.

Nutrition Facts



Properties

Glycemic Index:47.94, Glycemic Load:16.05, Inflammation Score:-6, Nutrition Score:10.974782565366%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 142.78kcal (7.14%), Fat: 3.77g (5.8%), Saturated Fat: 0.55g (3.44%), Carbohydrates: 25.33g (8.44%), Net Carbohydrates: 20.86g (7.58%), Sugar: 3.21g (3.57%), Cholesterol: 0mg (0%), Sodium: 156.75mg (6.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.39%), Vitamin C: 31.45mg (38.13%), Vitamin K: 34.97µg (33.3%), Vitamin B6: 0.45mg (22.67%), Manganese: 0.37mg (18.4%), Potassium: 634.69mg (18.13%), Fiber: 4.47g (17.89%), Magnesium: 44.39mg (11.1%), Folate: 41.6µg (10.4%), Vitamin B1: 0.15mg (10.13%), Vitamin A: 492.12IU (9.84%), Phosphorus: 94.06mg (9.41%), Iron: 1.67mg (9.29%), Copper: 0.18mg (8.88%), Vitamin B3: 1.73mg (8.64%), Vitamin B2: 0.11mg (6.58%), Vitamin E: 0.81mg (5.39%), Vitamin B5: 0.51mg (5.06%), Calcium: 43.22mg (4.32%), Zinc: 0.52mg (3.45%), Selenium: 0.98µg (1.41%)