



Roasted Snap Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



53 kcal

SIDE DISH

Ingredients

- 2 teaspoons olive oil extra-virgin
- 0.1 teaspoon pepper
- 0.3 teaspoon salt divided
- 1 pound string beans whole trimmed

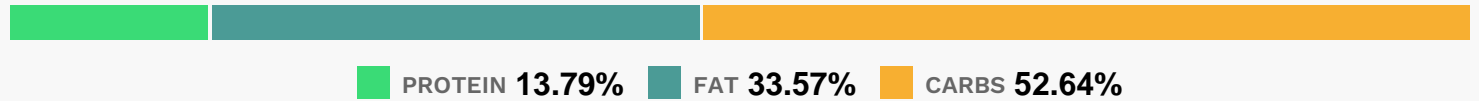
Equipment

- frying pan
- oven

Directions

- Preheat oven to 50
- Coat a jelly-roll pan with cooking spray.
- Place beans on pan, and arrange in a single layer.
- Drizzle with oil, and toss gently to coat.
- Sprinkle with 1/8 teaspoon salt.
- Bake on top rack of oven at 500 for 12 minutes or until beans are tender and beginning to brown, stirring once.
- Sprinkle with remaining 1/8 teaspoon salt and pepper.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:2.24, Inflammation Score:-6, Nutrition Score:7.9656522118527%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 52.99kcal (2.65%), Fat: 2.25g (3.46%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 7.94g (2.65%), Net Carbohydrates: 4.87g (1.77%), Sugar: 3.7g (4.11%), Cholesterol: 0mg (0%), Sodium: 152.2mg (6.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.16%), Vitamin K: 50.07µg (47.68%), Vitamin C: 13.83mg (16.77%), Vitamin A: 782.79IU (15.66%), Manganese: 0.25mg (12.66%), Fiber: 3.08g (12.31%), Folate: 37.43µg (9.36%), Vitamin B6: 0.16mg (8%), Magnesium: 28.46mg (7.12%), Vitamin B2: 0.12mg (6.94%), Potassium: 240.15mg (6.86%), Iron: 1.19mg (6.59%), Vitamin B1: 0.09mg (6.2%), Vitamin E: 0.75mg (5.02%), Phosphorus: 43.19mg (4.32%), Calcium: 42.34mg (4.23%), Vitamin B3: 0.83mg (4.17%), Copper: 0.08mg (3.96%), Vitamin B5: 0.26mg (2.56%), Zinc: 0.27mg (1.82%)