



WHATSheATE



Roasted Yellow Wax Beans with Mint



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



137 kcal

SIDE DISH

Ingredients

- ☐ 4 servings kosher salt
- ☐ 4 tablespoon mint leaves minced
- ☐ 3 tablespoon olive oil
- ☐ 1 teaspoon red wine vinegar
- ☐ 1 pound yellow wax beans (you may substitute green beans)

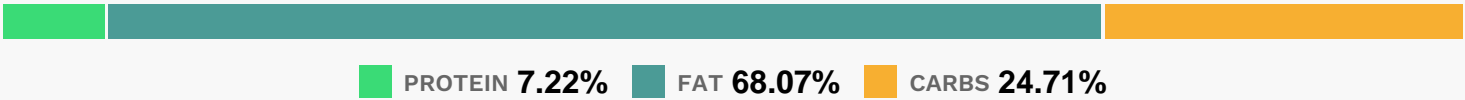
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Pre-heat the oven to 450 degrees F.Prepare the beans by clipping the stem knob off each bean. Leave the other end intact if possible. I also prefer the beans left whole, but that is up to you. You may certainly cut them into any size lengths you like.Toss the beans with 2 tablespoons chopped mint, the olive oil and salt and place them into a roasting dish. Try not to crowd the beans too much.Roast them in the oven for about 15 minutes total. Stir the beans and turn the pan around once during cooking.
- ☐ Sprinkle the hot beans with the vinegar.
- ☐ Garnish with the remaining mint.
- ☐ Serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:1.52, Inflammation Score:-5, Nutrition Score:6.0217390870271%

Flavonoids

Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg

Nutrients (% of daily need)

Calories: 137.38kcal (6.87%), Fat: 10.77g (16.58%), Saturated Fat: 1.46g (9.13%), Carbohydrates: 8.8g (2.93%), Net Carbohydrates: 6.7g (2.44%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 202.45mg (8.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Vitamin C: 25.41mg (30.8%), Folate: 119.1µg (29.77%), Vitamin E: 1.51mg (10.08%), Iron: 1.57mg (8.71%), Magnesium: 34.67mg (8.67%), Fiber: 2.1g (8.4%), Potassium: 266.08mg (7.6%), Calcium: 63.48mg (6.35%), Vitamin K: 6.32µg (6.02%), Copper: 0.1mg (4.81%), Phosphorus: 46.84mg (4.68%), Vitamin A: 212.4IU (4.25%), Zinc: 0.51mg (3.4%), Manganese: 0.06mg (2.99%)