



## Saucy Green Bean Bake

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



214 kcal

SIDE DISH

### Ingredients

- 8 ounces tomato sauce canned
- 2 tablespoons pimientos diced
- 1 tablespoon mustard prepared
- 0.3 teaspoon salt
- 0.1 teaspoon pepper
- 1 pound green beans fresh cooked
- 0.5 cup onion chopped
- 0.3 cup bell pepper green chopped

- 1 garlic clove minced
- 2 tablespoons butter
- 0.8 cup velveeta

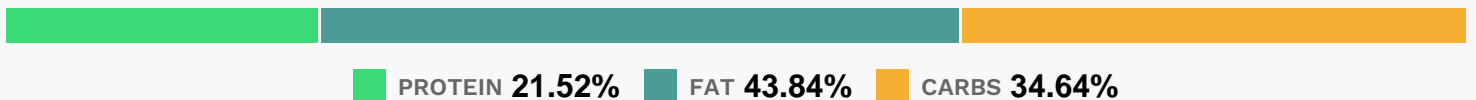
## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- In a large bowl, combine the first 5 ingredients.
- Add the green beans; toss to coat.
- Transfer to an ungreased 1-qt. baking dish. Cover and bake at 350° for 20 minutes.
- Meanwhile, in a large skillet, saute the onion, green pepper and garlic in butter until tender.
- Sprinkle over beans. Top with cheese.
- Bake, uncovered, for 3-5 minutes or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:79.25, Glycemic Load:3.87, Inflammation Score:-9, Nutrition Score:17.689565217391%

## Flavonoids

Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

## Nutrients (% of daily need)

Calories: 213.58kcal (10.68%), Fat: 11g (16.92%), Saturated Fat: 6.86g (42.86%), Carbohydrates: 19.55g (6.52%), Net Carbohydrates: 14.72g (5.35%), Sugar: 10.95g (12.16%), Cholesterol: 33.68mg (11.23%), Sodium: 1213.3mg (52.75%), Protein: 12.15g (24.3%), Phosphorus: 529.48mg (52.95%), Vitamin K: 52.77µg (50.26%), Vitamin C: 37.36mg (45.28%), Vitamin A: 1887.04IU (37.74%), Calcium: 316.66mg (31.67%), Vitamin B2: 0.46mg (27.25%), Manganese: 0.39mg (19.5%), Fiber: 4.83g (19.31%), Potassium: 637.29mg (18.21%), Vitamin B6: 0.3mg (14.96%), Folate: 48.6µg (12.15%), Iron: 2.09mg (11.63%), Zinc: 1.61mg (10.73%), Magnesium: 42.86mg (10.71%), Vitamin E: 1.57mg (10.47%), Vitamin B1: 0.13mg (8.9%), Copper: 0.17mg (8.5%), Vitamin B3: 1.56mg (7.82%), Vitamin B5: 0.49mg (4.92%), Selenium: 2.59µg (3.7%)