



Sautéed Green Beans & Cashews

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



86 kcal

SIDE DISH

Ingredients

- 0.3 cup balsamic vinaigrette dressing divided kraft
- 0.3 cup planters cashews chopped
- 1 lb green beans fresh trimmed
- 2 cloves garlic minced
- 1 bell pepper red chopped
- 1 small onion red chopped

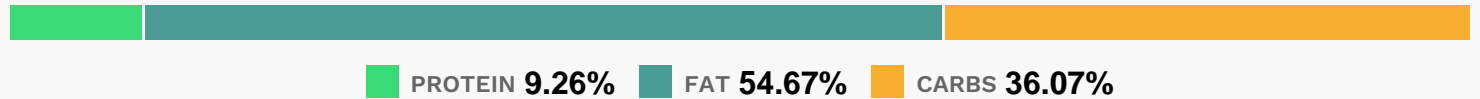
Equipment

- frying pan

Directions

- Heat half the dressing in large skillet on medium heat.
- Add vegetables and garlic; cook 8 to 10 min. or until vegetables are crisp-tender, stirring frequently.
- Add remaining dressing; cook 1 to 2 min. or until heated through, stirring occasionally.
- Sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:20.02, Glycemic Load:1.93, Inflammation Score:-7, Nutrition Score:7.3439130731251%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

Nutrients (% of daily need)

Calories: 86.41kcal (4.32%), Fat: 5.56g (8.55%), Saturated Fat: 0.68g (4.28%), Carbohydrates: 8.25g (2.75%), Net Carbohydrates: 6.03g (2.19%), Sugar: 3.63g (4.03%), Cholesterol: 0mg (0%), Sodium: 93.66mg (4.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Vitamin C: 27.23mg (33%), Vitamin K: 26.55µg (25.29%), Vitamin A: 857.3IU (17.15%), Manganese: 0.24mg (11.81%), Fiber: 2.23g (8.9%), Vitamin B6: 0.17mg (8.29%), Magnesium: 29.29mg (7.32%), Folate: 29.2µg (7.3%), Copper: 0.14mg (6.89%), Potassium: 200.71mg (5.73%), Phosphorus: 54.45mg (5.45%), Iron: 0.96mg (5.33%), Vitamin B1: 0.08mg (5.29%), Vitamin B2: 0.08mg (4.62%), Vitamin E: 0.51mg (3.38%), Vitamin B3: 0.63mg (3.13%), Zinc: 0.44mg (2.92%), Calcium: 29.01mg (2.9%), Vitamin B5: 0.23mg (2.31%), Selenium: 1.33µg (1.9%)