



## Sautéed String Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



71 kcal

SIDE DISH

### Ingredients

- 2 Tbsp planters almonds toasted sliced
- 2 Tbsp grey poupon dijon mustard
- 3 cups green beans fresh whole trimmed
- 0.3 cup dressing italian divided kraft

### Equipment

- frying pan

## Directions

- Cook and stir beans in half of the dressing in large skillet on medium heat 5 min. or just until crisp-tender.
- Add remaining dressing and mustard; mix lightly. Cook until heated through, stirring occasionally.
- Sprinkle with almonds.

## Nutrition Facts

**PROTEIN 10.43%** **FAT 55.84%** **CARBS 33.73%**

## Properties

Glycemic Index:14.67, Glycemic Load:1.13, Inflammation Score:-4, Nutrition Score:5.6908695334974%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

## Nutrients (% of daily need)

Calories: 70.73kcal (3.54%), Fat: 4.71g (7.24%), Saturated Fat: 0.55g (3.45%), Carbohydrates: 6.4g (2.13%), Net Carbohydrates: 4.28g (1.56%), Sugar: 3.42g (3.8%), Cholesterol: 0mg (0%), Sodium: 187.98mg (8.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Vitamin K: 31.04µg (29.56%), Manganese: 0.22mg (10.99%), Vitamin E: 1.38mg (9.21%), Fiber: 2.12g (8.47%), Vitamin C: 6.78mg (8.22%), Vitamin A: 387.78IU (7.76%), Magnesium: 25.8mg (6.45%), Vitamin B2: 0.1mg (5.79%), Folate: 19.97µg (4.99%), Vitamin B6: 0.09mg (4.7%), Potassium: 158.95mg (4.54%), Iron: 0.8mg (4.46%), Phosphorus: 44.29mg (4.43%), Vitamin B1: 0.06mg (4.27%), Copper: 0.08mg (3.92%), Selenium: 2.43µg (3.47%), Calcium: 34.16mg (3.42%), Vitamin B3: 0.57mg (2.85%), Zinc: 0.28mg (1.85%), Vitamin B5: 0.15mg (1.54%)