



HEALTH SCORE

55%

Sautéed Beans and Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



59 kcal

SIDE DISH

Ingredients



1 tablespoon basil fresh chopped



2 pounds green beans fresh



1 Tbsp olive oil



1 bell pepper red cut into thin strips



0.5 teaspoon salt



1 bell pepper yellow cut into thin strips

Equipment

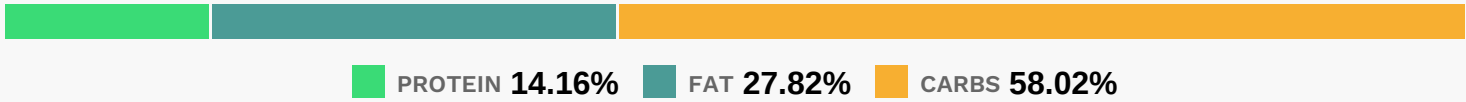


dutch oven

Directions

- ☐ Cook green beans in boiling salted water to cover in a Dutch oven over medium-high heat 4 to 5 minutes or until crisp-tender.
- ☐ Drain and plunge into ice water to stop the cooking process; drain.
- ☐ Saut peppers in hot oil in a Dutch oven over medium-high heat 5 minutes or until tender.
- ☐ Add green beans, basil, and salt. Cook, stirring constantly, until thoroughly heated.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:2.42, Inflammation Score:-8, Nutrition Score:11.805652027545%

Flavonoids

Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 58.56kcal (2.93%), Fat: 2.08g (3.2%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 9.75g (3.25%), Net Carbohydrates: 6.24g (2.27%), Sugar: 4.32g (4.8%), Cholesterol: 0mg (0%), Sodium: 153.08mg (6.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Vitamin C: 60.22mg (72.99%), Vitamin K: 51.58µg (49.12%), Vitamin A: 1291.12IU (25.82%), Manganese: 0.28mg (14.11%), Fiber: 3.51g (14.05%), Folate: 48.3µg (12.08%), Vitamin B6: 0.23mg (11.43%), Potassium: 302.98mg (8.66%), Magnesium: 32.08mg (8.02%), Vitamin B2: 0.13mg (7.91%), Iron: 1.32mg (7.33%), Vitamin B1: 0.11mg (7.02%), Vitamin E: 0.95mg (6.36%), Vitamin B3: 1.11mg (5.56%), Phosphorus: 50.67mg (5.07%), Copper: 0.1mg (4.89%), Calcium: 45.18mg (4.52%), Vitamin B5: 0.33mg (3.28%), Zinc: 0.34mg (2.25%), Selenium: 0.74µg (1.06%)