

health-score 64%

HEALTH SCORE

Sautéed Green Beans

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

30 min.

SERVINGS

servings

6

CALORIES

calories

96 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon creole seasoning
- ☐ 2 pounds green beans fresh trimmed
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons olive oil
- ☐ 1 bell pepper red sliced

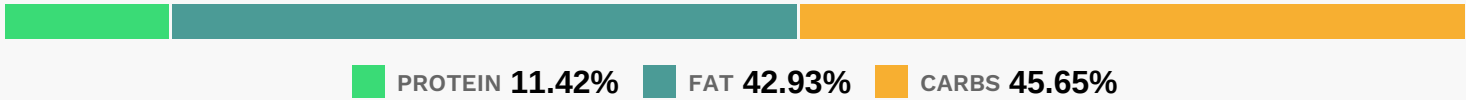
Equipment

- ☐ frying pan

Directions

- ☐ Cook green beans in boiling salted water to cover 8 to 10 minutes or until crisp-tender.
- ☐ Drain and plunge into ice water to stop the cooking process; drain.
- ☐ Saut sliced red bell pepper in 2 tablespoons hot oil in a large skillet over medium heat 5 minutes or until crisp-tender; add minced garlic, and saut 2 more minutes.
- ☐ Add green beans; sprinkle with 1 teaspoon Creole seasoning, and cook, stirring constantly, until vegetable mixture is thoroughly heated.
- ☐ Note: For testing purposes only, we used Tony Chachere's Creole Seasoning.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:3.34, Inflammation Score:-9, Nutrition Score:13.776956615241%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 95.83kcal (4.79%), Fat: 5.12g (7.88%), Saturated Fat: 0.74g (4.64%), Carbohydrates: 12.25g (4.08%), Net Carbohydrates: 7.64g (2.78%), Sugar: 5.81g (6.45%), Cholesterol: 0mg (0%), Sodium: 10.23mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.13%), Vitamin K: 69.08µg (65.79%), Vitamin C: 44.4mg (53.82%), Vitamin A: 1803.03IU (36.06%), Manganese: 0.37mg (18.61%), Fiber: 4.61g (18.44%), Folate: 59.4µg (14.85%), Vitamin B6: 0.29mg (14.57%), Vitamin E: 1.71mg (11.37%), Potassium: 371.64mg (10.62%), Vitamin B2: 0.18mg (10.49%), Magnesium: 40.94mg (10.23%), Iron: 1.71mg (9.51%), Vitamin B1: 0.14mg (9.19%), Vitamin B3: 1.34mg (6.7%), Phosphorus: 65.12mg (6.51%), Calcium: 59.68mg (5.97%), Copper: 0.11mg (5.6%), Vitamin B5: 0.41mg (4.09%), Zinc: 0.43mg (2.88%), Selenium: 1.1µg (1.57%)