



Sautéed Green Beans and Brussels Sprouts with Chile and Mint



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



8

CALORIES



101 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds brussels sprouts trimmed sliced lengthwise
- ☐ 1 teaspoon mint leaves dried
- ☐ 1 pound green beans trimmed
- ☐ 3 tablespoons olive oil
- ☐ 0.3 teaspoon pepper flakes red hot
- ☐ 0.3 cup water

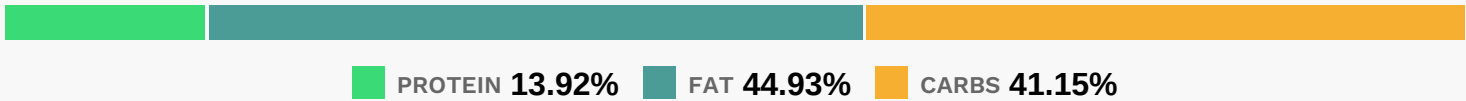
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot

Directions

- ☐ Cook green beans in a 4-quart pot of well-salted boiling water, uncovered, until crisp-tender, 3 to 4 minutes.
- ☐ Drain.
- ☐ Meanwhile, heat oil with red pepper flakes in a 12-inch heavy skillet (preferably straight-sided) over medium-high heat until it shimmers. Sauté Brussels sprouts with 1/2 teaspoon salt until crisp-tender, about 6 minutes.
- ☐ Add beans and sauté 2 minutes.
- ☐ Add water and boil until evaporated and vegetables are just tender, about 2 minutes.
- ☐ Remove from heat and stir in mint. Season with salt.
- ☐ •Green beans can be boiled 1 day ahead and chilled in a sealable bag lined with damp paper towels. •Brussels sprouts can be cut 1 day ahead and chilled in a sealable bag lined with damp paper towels.

Nutrition Facts



Properties

Glycemic Index:9.75, Glycemic Load:2.52, Inflammation Score:-8, Nutrition Score:16.743913132211%

Flavonoids

Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 100.91kcal (5.05%), Fat: 5.64g (8.68%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 11.63g (3.88%), Net Carbohydrates: 6.82g (2.48%), Sugar: 3.72g (4.14%), Cholesterol: 0mg (0%), Sodium: 26.5mg (1.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.87%), Vitamin K: 178.14µg (169.66%), Vitamin C: 79.21mg (96.01%),

Vitamin A: 1057.63IU (21.15%), Manganese: 0.42mg (20.87%), Fiber: 4.8g (19.21%), Folate: 70.94µg (17.73%), Vitamin B6: 0.27mg (13.46%), Potassium: 452.95mg (12.94%), Vitamin E: 1.76mg (11.74%), Vitamin B1: 0.17mg (11%), Iron: 1.87mg (10.39%), Magnesium: 34.3mg (8.58%), Vitamin B2: 0.14mg (8.06%), Phosphorus: 80.59mg (8.06%), Calcium: 58.18mg (5.82%), Vitamin B3: 1.06mg (5.31%), Copper: 0.1mg (5.09%), Vitamin B5: 0.39mg (3.92%), Zinc: 0.5mg (3.32%), Selenium: 1.71µg (2.45%)