



Sautéed Green Beans and Pears



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



105 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons butter melted
- ☐ 12 oz green beans whole frozen
- ☐ 2 pears peeled sliced
- ☐ 6 servings salt and pepper freshly ground to taste

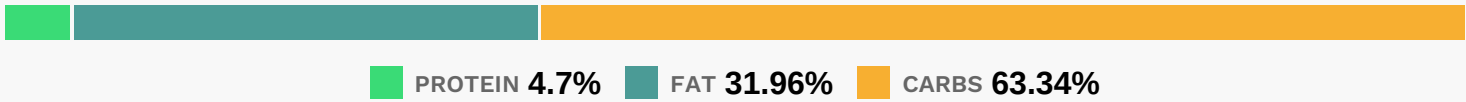
Equipment

- ☐ frying pan

Directions

☐ Prepare green beans according to package directions. Meanwhile, saut pears with melted butter, brown sugar, and balsamic vinegar in a large skillet over medium-high heat 5 minutes or until crisp-tender. Stir in hot green beans, and sprinkle with salt and freshly ground pepper to taste.

Nutrition Facts



Properties

Glycemic Index:30.46, Glycemic Load:4.21, Inflammation Score:-5, Nutrition Score:5.3556521172109%

Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg 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: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 104.75kcal (5.24%), Fat: 3.99g (6.14%), Saturated Fat: 2.44g (15.25%), Carbohydrates: 17.81g (5.94%), Net Carbohydrates: 14.44g (5.25%), Sugar: 12.31g (13.68%), Cholesterol: 10.03mg (3.34%), Sodium: 230.14mg (10.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Vitamin K: 27.32µg (26.02%), Fiber: 3.37g (13.48%), Vitamin C: 9.47mg (11.48%), Vitamin A: 522.68IU (10.45%), Manganese: 0.16mg (8.05%), Folate: 23.04µg (5.76%), Potassium: 200.91mg (5.74%), Vitamin B6: 0.1mg (4.95%), Magnesium: 19.43mg (4.86%), Copper: 0.09mg (4.56%), Vitamin B2: 0.08mg (4.47%), Iron: 0.76mg (4.22%), Vitamin B1: 0.05mg (3.59%), Calcium: 32.32mg (3.23%), Phosphorus: 30.96mg (3.1%), Vitamin E: 0.41mg (2.75%), Vitamin B3: 0.52mg (2.59%), Vitamin B5: 0.17mg (1.67%), Zinc: 0.21mg (1.37%)