



## Sautéed Green Beans with Garlic



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



69 kcal

SIDE DISH

### Ingredients

- ☐ 2 garlic cloves sliced
- ☐ 1 pound green beans
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup water

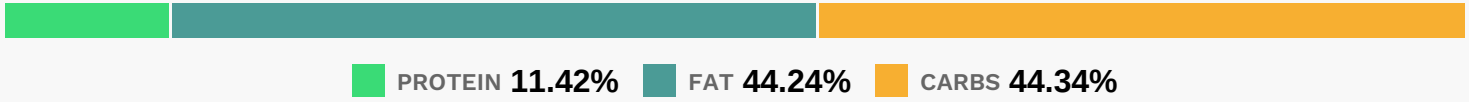
### Equipment

- ☐ frying pan

# Directions

- ☐ Heat olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add green beans, garlic, salt, and pepper; cook 3 minutes.
- ☐ Add water; cover and steam 4 minutes or just until crisp-tender. Uncover and cook 2 more minutes or until beans are tender and beginning to brown. Cover and keep warm.

## Nutrition Facts



## Properties

Glycemic Index:27, Glycemic Load:2.38, Inflammation Score:-6, Nutrition Score:8.3256520603014%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

## Nutrients (% of daily need)

Calories: 68.64kcal (3.43%), Fat: 3.76g (5.79%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 8.48g (2.83%), Net Carbohydrates: 5.36g (1.95%), Sugar: 3.71g (4.13%), Cholesterol: 0mg (0%), Sodium: 153.24mg (6.66%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.18g (4.37%), Vitamin K: 51.1µg (48.67%), Vitamin C: 14.3mg (17.34%), Vitamin A: 783.27IU (15.67%), Manganese: 0.29mg (14.32%), Fiber: 3.12g (12.5%), Folate: 37.49µg (9.37%), Vitamin B6: 0.18mg (8.94%), Magnesium: 29.09mg (7.27%), Potassium: 247.01mg (7.06%), Vitamin B2: 0.12mg (7.05%), Iron: 1.23mg (6.81%), Vitamin E: 0.97mg (6.48%), Vitamin B1: 0.1mg (6.41%), Calcium: 45.79mg (4.58%), Phosphorus: 45.58mg (4.56%), Copper: 0.09mg (4.34%), Vitamin B3: 0.84mg (4.22%), Vitamin B5: 0.27mg (2.66%), Zinc: 0.29mg (1.95%), Selenium: 0.9µg (1.29%)