



Sauteed Green Beans with Pimento



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



49 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 cups green beans fresh
- ☐ 2 cloves garlic minced
- ☐ 4 servings salt and ground pepper black
- ☐ 2 teaspoons olive oil
- ☐ 4 ounce pimentos diced
- ☐ 1 tablespoon water

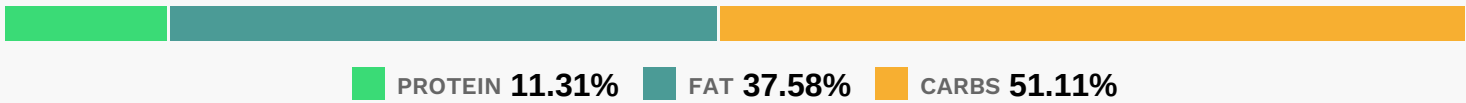
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add garlic and cook 1 minute.
- ☐ Add green beans and pimento and cook 2 minutes.
- ☐ Add vinegar and water, cover and steam 3 to 5 minutes, until green beans are crisp-tender. Season, to taste, with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:2.08, Inflammation Score:-7, Nutrition Score:7.4204347133636%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 48.67kcal (2.43%), Fat: 2.24g (3.44%), Saturated Fat: 0.32g (2.01%), Carbohydrates: 6.84g (2.28%), Net Carbohydrates: 4.65g (1.69%), Sugar: 3.35g (3.72%), Cholesterol: 0mg (0%), Sodium: 9.54mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.03%), Vitamin C: 36.66mg (44.44%), Vitamin K: 27.93µg (26.6%), Vitamin A: 1132.86IU (22.66%), Manganese: 0.19mg (9.4%), Fiber: 2.19g (8.78%), Vitamin B6: 0.17mg (8.55%), Iron: 1.23mg (6.81%), Potassium: 182.61mg (5.22%), Folate: 20.2µg (5.05%), Vitamin E: 0.75mg (5.03%), Vitamin B2: 0.08mg (4.69%), Magnesium: 16.8mg (4.2%), Vitamin B1: 0.05mg (3.61%), Vitamin B3: 0.63mg (3.14%), Copper: 0.06mg (3.12%), Phosphorus: 30.07mg (3.01%), Calcium: 26.7mg (2.67%), Zinc: 0.22mg (1.46%), Vitamin B5: 0.14mg (1.37%)