



Seasoned Fresh Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound green beans fresh
- ☐ 1 small onion
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup water

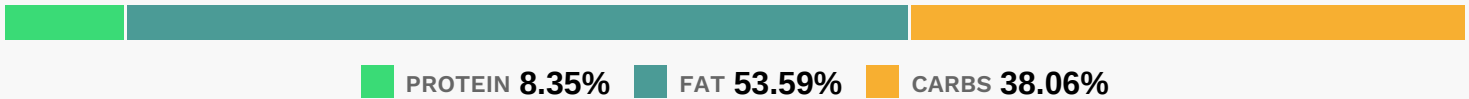
Equipment

- ☐ frying pan

Directions

- ☐ Cut onion in half lengthwise; cut each half into thin slices.
- ☐ Heat vegetable oil in a skillet.
- ☐ Add onion; cook over medium heat 4 minutes or until tender. Wash green beans; remove stems.
- ☐ Add green beans, water, salt, and pepper; cook 12 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:2.98, Inflammation Score:-7, Nutrition Score:9.4995651452438%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 10.2mg, Quercetin: 10.2mg, Quercetin: 10.2mg, Quercetin: 10.2mg

Nutrients (% of daily need)

Calories: 109.89kcal (5.49%), Fat: 7.09g (10.91%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 11.33g (3.78%), Net Carbohydrates: 7.61g (2.77%), Sugar: 5.18g (5.76%), Cholesterol: 0mg (0%), Sodium: 591.1mg (25.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.97%), Vitamin K: 61.82µg (58.87%), Vitamin C: 16.42mg (19.91%), Manganese: 0.32mg (16.17%), Vitamin A: 784.51IU (15.69%), Fiber: 3.72g (14.88%), Folate: 44.11µg (11.03%), Vitamin B6: 0.2mg (10.13%), Potassium: 293.81mg (8.39%), Magnesium: 32.59mg (8.15%), Vitamin B2: 0.13mg (7.52%), Vitamin B1: 0.11mg (7.29%), Iron: 1.27mg (7.07%), Vitamin E: 1.03mg (6.87%), Phosphorus: 53.64mg (5.36%), Calcium: 52.36mg (5.24%), Copper: 0.1mg (5.02%), Vitamin B3: 0.88mg (4.38%), Vitamin B5: 0.3mg (3.02%), Zinc: 0.34mg (2.26%), Selenium: 0.87µg (1.24%)