



Seasoned Green Beans



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



59 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 pound green beans fresh
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 cup less-sodium beef broth
- ☐ 2 ounces low-salt ham diced reduced-fat
- ☐ 0.3 teaspoon pepper
- ☐ 1.8 cups tomatoes peeled seeded coarsely chopped (2 tomatoes)

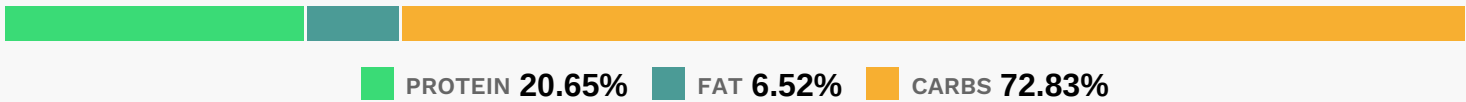
Equipment

- ☐ sauce pan
- ☐ steamer basket

Directions

- ☐ Trim stem end from beans. Arrange beans in a steamer basket over boiling water; cover and steam 10 minutes.
- ☐ Combine tomato and next 3 ingredients in a large saucepan. Cook, uncovered, over medium heat 3 minutes, stirring often. Stir in beans, parsley, thyme, and pepper. Cover and cook over low heat 10 minutes or until beans are tender.
- ☐ Tip: When you season fresh beans with lean ham instead of ham hock, you get all of the flavor but none of the fat.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:2.33, Inflammation Score:-8, Nutrition Score:13.560434859084%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 59.36kcal (2.97%), Fat: 0.51g (0.79%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 12.89g (4.3%), Net Carbohydrates: 8.57g (3.12%), Sugar: 6.24g (6.94%), Cholesterol: 0mg (0%), Sodium: 199.28mg (8.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.31%), Vitamin K: 89.11µg (84.87%), Vitamin C: 26.62mg (32.26%), Vitamin A: 1084.03IU (21.68%), Manganese: 0.38mg (18.86%), Fiber: 4.32g (17.27%), Iron: 2.67mg (14.86%), Vitamin B6: 0.29mg (14.53%), Potassium: 506.64mg (14.48%), Folate: 49.59µg (12.4%), Vitamin B2: 0.18mg (10.82%), Magnesium: 41.99mg (10.5%), Vitamin B1: 0.14mg (9.66%), Vitamin B3: 1.82mg (9.1%), Calcium: 84.47mg (8.45%), Copper: 0.17mg (8.35%), Vitamin E: 1.21mg (8.1%), Phosphorus: 70.3mg (7.03%), Vitamin B5: 0.39mg (3.93%), Zinc: 0.48mg (3.2%), Selenium: 0.91µg (1.3%)