



Simple Roasted Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



97 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds green beans fresh trimmed thin
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar

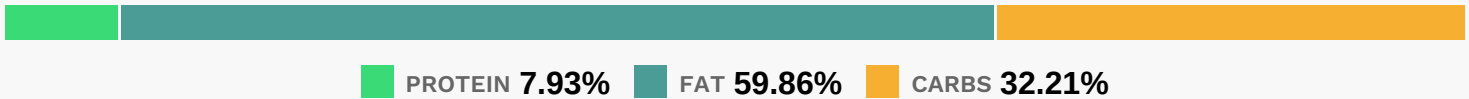
Equipment

- ☐ oven

Directions

- ☐ Preheat oven to broil. Snap off and discard tough ends of asparagus. Arrange in 2 (15- x 10- inch) jelly-roll pans.
- ☐ Drizzle with olive oil.
- ☐ Broil, in 2 batches, 5 1/2 inches from heat 7 to 8 minutes or until crisp-tender.
- ☐ Sprinkle with sugar, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:18.51, Glycemic Load:2.59, Inflammation Score:-6, Nutrition Score:8.3239130611005%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 97.06kcal (4.85%), Fat: 7.01g (10.78%), Saturated Fat: 0.99g (6.19%), Carbohydrates: 8.48g (2.83%), Net Carbohydrates: 5.39g (1.96%), Sugar: 4.2g (4.66%), Cholesterol: 0mg (0%), Sodium: 152.31mg (6.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Vitamin K: 53.03µg (50.5%), Vitamin C: 13.83mg (16.77%), Vitamin A: 783.13IU (15.66%), Manganese: 0.26mg (13.06%), Fiber: 3.09g (12.37%), Vitamin E: 1.44mg (9.59%), Folate: 37.44µg (9.36%), Vitamin B6: 0.16mg (8.01%), Magnesium: 28.57mg (7.14%), Vitamin B2: 0.12mg (6.96%), Potassium: 241.04mg (6.89%), Iron: 1.22mg (6.77%), Vitamin B1: 0.09mg (6.21%), Phosphorus: 43.29mg (4.33%), Calcium: 42.67mg (4.27%), Vitamin B3: 0.83mg (4.17%), Copper: 0.08mg (4%), Vitamin B5: 0.26mg (2.57%), Zinc: 0.27mg (1.83%)