



Skillet Beans and Tomatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



12 min.

SERVINGS



12

CALORIES



15 kcal

SIDE DISH

Ingredients

- 10 ounce cut green beans frozen
- 0.5 cup onion coarsely chopped
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 1 teaspoon sugar
- 2 medium tomatoes

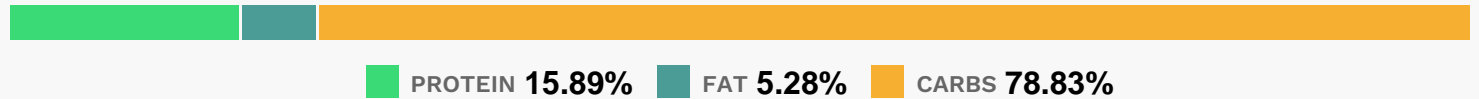
Equipment

- frying pan

Directions

- Combine 1 (10-ounce) package frozen cut green beans, 1/2 cup coarsely chopped onion, 1 teaspoon sugar, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a large nonstick skillet coated with cooking spray. Cover and cook 8 minutes, stirring occasionally.
- Add 2 medium tomatoes, cut into chunks; cover and cook 2 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:17.76, Glycemic Load:1.05, Inflammation Score:-3, Nutrition Score:2.6021739348121%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 15.07kcal (0.75%), Fat: 0.1g (0.16%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 3.43g (1.14%), Net Carbohydrates: 2.42g (0.88%), Sugar: 1.92g (2.14%), Cholesterol: 0mg (0%), Sodium: 51.17mg (2.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.38%), Vitamin K: 11.87µg (11.31%), Vitamin C: 6.18mg (7.5%), Vitamin A: 334.14IU (6.68%), Manganese: 0.09mg (4.42%), Fiber: 1.01g (4.03%), Potassium: 108.74mg (3.11%), Folate: 12.14µg (3.04%), Vitamin B6: 0.06mg (2.89%), Magnesium: 8.9mg (2.23%), Vitamin B1: 0.03mg (2%), Vitamin B2: 0.03mg (1.79%), Iron: 0.32mg (1.76%), Phosphorus: 15.9mg (1.59%), Copper: 0.03mg (1.58%), Vitamin B3: 0.3mg (1.52%), Vitamin E: 0.21mg (1.4%), Calcium: 12.54mg (1.25%)