



Skillet-Blistered Green Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper red crushed
- 0.3 cup cooking wine dry white
- 12 ounces green beans trimmed
- 0.3 teaspoon kosher salt
- 2 teaspoons olive oil

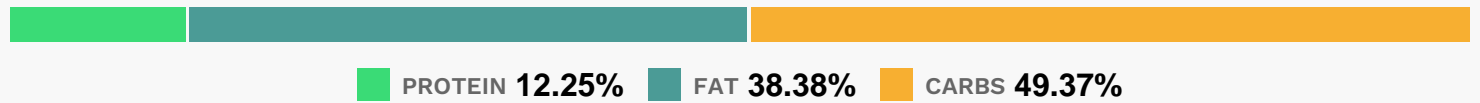
Equipment

- frying pan

Directions

- Heat a skillet over medium–high heat.
- Add olive oil; swirl.
- Add crushed red pepper and green beans; cook 3 minutes or until blistered.
- Add wine; cook 2 minutes or until liquid evaporates, stirring often.
- Sprinkle with salt.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:1.73, Inflammation Score:-6, Nutrition Score:6.2173912240111%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 56.7kcal (2.83%), Fat: 2.2g (3.39%), Saturated Fat: 0.32g (2.01%), Carbohydrates: 6.38g (2.13%), Net Carbohydrates: 4.04g (1.47%), Sugar: 2.93g (3.25%), Cholesterol: 0mg (0%), Sodium: 153.29mg (6.66%), Alcohol: 1.54g (100%), Alcohol %: 1.91% (100%), Protein: 1.58g (3.17%), Vitamin K: 37.97µg (36.16%), Vitamin C: 10.38mg (12.58%), Vitamin A: 623.9IU (12.48%), Manganese: 0.2mg (10.19%), Fiber: 2.34g (9.36%), Folate: 28.25µg (7.06%), Vitamin B6: 0.13mg (6.5%), Magnesium: 22.95mg (5.74%), Potassium: 192.59mg (5.5%), Vitamin B2: 0.09mg (5.4%), Iron: 0.95mg (5.28%), Vitamin B1: 0.07mg (4.72%), Vitamin E: 0.68mg (4.56%), Phosphorus: 35.39mg (3.54%), Calcium: 33.34mg (3.33%), Vitamin B3: 0.65mg (3.27%), Copper: 0.06mg (3.03%), Vitamin B5: 0.2mg (1.99%), Zinc: 0.23mg (1.52%)