



Slow-Roasted Green Beans with Sage



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



62 kcal

SIDE DISH

Ingredients

- ☐ 10 servings pepper black freshly ground
- ☐ 1 tablespoon rosemary leaves fresh
- ☐ 2 tablespoons sage fresh
- ☐ 1 tablespoon thyme sprigs fresh
- ☐ 6 large garlic clove cut lengthwise into 4 slices
- ☐ 2.5 pounds green beans trimmed
- ☐ 2 teaspoons kosher salt
- ☐ 0.5 cup olive oil

☐

3 bunches spring onion with 1" green tops still attached, halved lengthwise trimmed

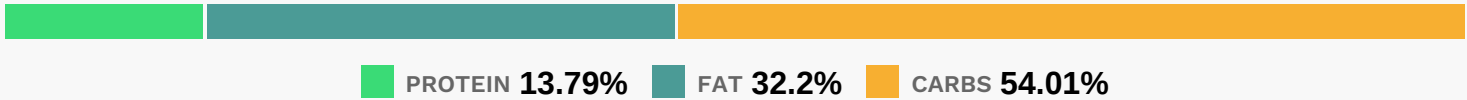
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375°F.
- ☐ Combine first 8 ingredients in a large bowl and season with pepper. Toss to evenly incorporate.
- ☐ Transfer beans to a large rimmed baking sheet.
- ☐ Roast beans, stirring every 10 minutes, until wilted, shrunken, and browned at edges, about 1 hour. (You may need to stir more often toward end for even browning.)

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:2.55, Inflammation Score:-8, Nutrition Score:14.092173933983%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 62.2kcal (3.11%), Fat: 2.52g (3.88%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 9.51g (3.17%), Net Carbohydrates: 5.98g (2.18%), Sugar: 3.88g (4.31%), Cholesterol: 0mg (0%), Sodium: 473.6mg (20.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Copper: 3.73mg (186.67%), Vitamin K: 65.16µg (62.06%), Manganese: 0.43mg (21.69%), Vitamin C: 16.91mg (20.5%), Vitamin A: 894.04IU (17.88%), Fiber: 3.52g (14.1%), Folate: 42.63µg (10.66%), Vitamin B6: 0.19mg (9.5%), Iron: 1.6mg (8.89%), Magnesium: 33.77mg (8.44%), Potassium: 278.52mg (7.96%), Vitamin B2: 0.13mg (7.7%), Vitamin B1: 0.1mg (6.97%), Calcium: 62.49mg (6.25%), Vitamin E: 0.82mg (5.45%), Phosphorus: 49.98mg (5%), Vitamin B3: 0.9mg (4.49%), Vitamin B5: 0.28mg (2.77%), Zinc:

0.36mg (2.4%), Selenium: 0.99µg (1.41%)