



 **54%**  
HEALTH SCORE

## Spanish Green Beans and Tomatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



145 kcal

SIDE DISH

### Ingredients

- 1 bay leaf
- 3 cups tomatoes diced with their juice canned
- 1 tablespoon chives fresh chopped
- 2 pounds green beans fresh cut into 1-inch lengths
- 2 cloves garlic crushed
- 2 tablespoons juice of lemon
- 2 tablespoons olive oil
- 3 tablespoons pinenuts

6 servings salt and pepper to taste

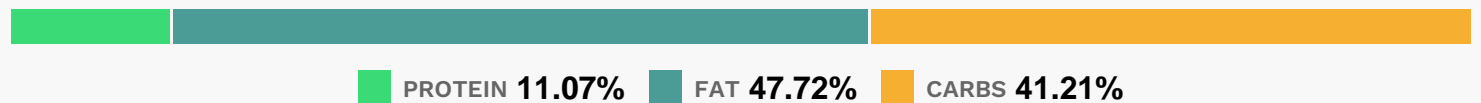
## Equipment

sauce pan

## Directions

- Heat oil in a large saucepan over medium heat.
- Add garlic; cook and stir until fragrant, about 2 minutes. Reduce heat if garlic begins to brown.
- Add green beans, then continue to cook and stir until bright green but not quite tender, about 4 minutes.
- Mix in tomatoes, lemon juice and pine nuts, and season with chives, bay leaf, salt and pepper. Bring to a boil, stirring often. Reduce heat and simmer gently uncovered for 25 to 30 minutes.
- Remove and discard bay leaf before serving.

## Nutrition Facts



## Properties

Glycemic Index:20.17, Glycemic Load:3.07, Inflammation Score:-8, Nutrition Score:16.804347774257%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

## Nutrients (% of daily need)

Calories: 144.97kcal (7.25%), Fat: 8.6g (13.23%), Saturated Fat: 0.99g (6.19%), Carbohydrates: 16.7g (5.57%), Net Carbohydrates: 11.18g (4.07%), Sugar: 8.11g (9.01%), Cholesterol: 0mg (0%), Sodium: 374.89mg (16.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.97%), Vitamin K: 75.08µg (71.51%), Manganese: 0.88mg (44.01%), Vitamin C: 32.19mg (39.02%), Vitamin A: 1208.3IU (24.17%), Fiber: 5.52g (22.08%), Vitamin B6: 0.37mg (18.34%), Vitamin E: 2.58mg (17.23%), Iron: 3.06mg (17.01%), Potassium: 585.29mg (16.72%), Magnesium: 64.33mg (16.08%),

Folate: 62.78µg (15.7%), Vitamin B2: 0.24mg (13.95%), Vitamin B1: 0.2mg (13.32%), Copper: 0.26mg (12.9%), Phosphorus: 111.24mg (11.12%), Vitamin B3: 2.2mg (10.99%), Calcium: 96.82mg (9.68%), Zinc: 0.87mg (5.81%), Vitamin B5: 0.51mg (5.12%), Selenium: 1.21µg (1.74%)