



## Speedy Rosemary Green Beans



Vegetarian



Gluten Free



Low Fod Map

READY IN



13 min.

SERVINGS



6

CALORIES



57 kcal

SIDE DISH

### Ingredients

- 2 tablespoons butter
- 16 ounce cut green beans frozen thaw (do not )
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 2 tablespoons water
- 1 teaspoon or dried fresh chopped

### Equipment

- bowl

- plastic wrap
- microwave
- slotted spoon

## Directions

- Stir together all ingredients in a 1-quart microwave-safe bowl. Microwave, covered with plastic wrap, at HIGH 8 minutes or until beans are crisp-tender, stirring after 4 minutes.
- Serve with a slotted spoon.

## Nutrition Facts



## Properties

Glycemic Index:33, Glycemic Load:1.5, Inflammation Score:-5, Nutrition Score:5.430434729742%

## Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

## Nutrients (% of daily need)

Calories: 57.16kcal (2.86%), Fat: 3.96g (6.09%), Saturated Fat: 2.44g (15.24%), Carbohydrates: 5.34g (1.78%), Net Carbohydrates: 3.27g (1.19%), Sugar: 2.47g (2.74%), Cholesterol: 10.03mg (3.34%), Sodium: 131.71mg (5.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.87%), Vitamin K: 32.97µg (31.4%), Vitamin A: 639.23IU (12.78%), Vitamin C: 9.23mg (11.19%), Manganese: 0.17mg (8.72%), Fiber: 2.07g (8.28%), Folate: 25.15µg (6.29%), Vitamin B6: 0.11mg (5.36%), Magnesium: 19.22mg (4.81%), Vitamin B2: 0.08mg (4.73%), Potassium: 161.92mg (4.63%), Iron: 0.79mg (4.41%), Vitamin B1: 0.06mg (4.16%), Phosphorus: 29.99mg (3%), Calcium: 29.88mg (2.99%), Vitamin E: 0.42mg (2.79%), Vitamin B3: 0.56mg (2.79%), Copper: 0.05mg (2.71%), Vitamin B5: 0.18mg (1.76%), Zinc: 0.19mg (1.25%)