



Spicy Green Beans with Caramelized Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



53 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon sugar
- ☐ 1.5 cups onion white thinly sliced
- ☐ 1 lb green beans fresh trimmed
- ☐ 2 tablespoons soy sauce reduced-sodium
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon pepper red crushed

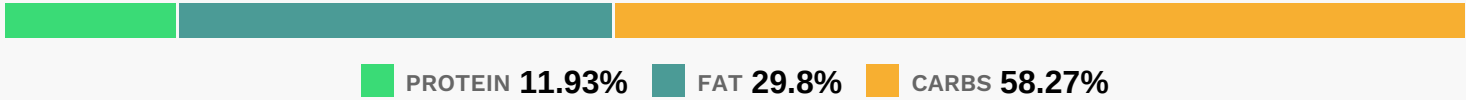
Equipment

☐ frying pan

Directions

- ☐ In 10-inch skillet, heat oil and sugar over medium heat, stirring occasionally.
- ☐ Add onion; cook 10 to 15 minutes, stirring frequently, until tender and light golden brown.
- ☐ Remove onion from skillet.
- ☐ To same skillet, add remaining ingredients. Cook 3 to 5 minutes, stirring constantly, until beans are crisp-tender. Stir in onion; cook until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:17.89, Glycemic Load:2.78, Inflammation Score:-5, Nutrition Score:5.0921738562377%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

Nutrients (% of daily need)

Calories: 53.45kcal (2.67%), Fat: 1.94g (2.98%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 8.53g (2.84%), Net Carbohydrates: 6.42g (2.34%), Sugar: 4.65g (5.16%), Cholesterol: 0mg (0%), Sodium: 296.04mg (12.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.49%), Vitamin K: 25.69µg (24.46%), Vitamin C: 9.14mg (11.08%), Manganese: 0.18mg (9.03%), Vitamin A: 428.89IU (8.58%), Fiber: 2.11g (8.45%), Folate: 26.21µg (6.55%), Vitamin B6: 0.13mg (6.25%), Potassium: 180.03mg (5.14%), Magnesium: 20.12mg (5.03%), Vitamin B2: 0.08mg (4.6%), Vitamin B1: 0.06mg (4.15%), Iron: 0.73mg (4.08%), Phosphorus: 37.26mg (3.73%), Vitamin E: 0.55mg (3.7%), Calcium: 29.61mg (2.96%), Copper: 0.05mg (2.71%), Vitamin B3: 0.51mg (2.56%), Vitamin B5: 0.18mg (1.78%), Zinc: 0.22mg (1.5%)