



WHATSheATE



Steamed Green Beans with Cracked Pepper and Chèvre



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



124 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup goat cheese crumbled (goat cheese)
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 garlic clove minced
- ☐ 1.5 pounds green beans trimmed
- ☐ 3 tablespoons olive oil
- ☐ 8 servings pepper freshly ground to taste
- ☐ 8 servings sea salt to taste

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1 tablespoon butter unsalted

Equipment

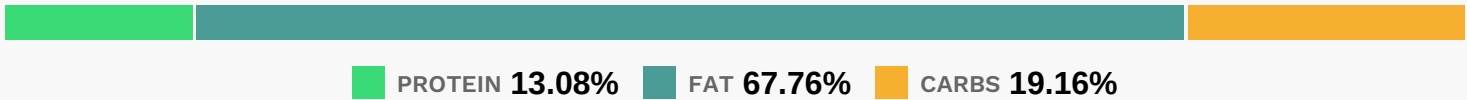
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frying pan

Directions

- ☐
- Cook green beans in boiling salted water 5 minutes or until crisp-tender; drain. Plunge into ice water to stop cooking process; drain.
- ☐
- Melt butter in a large skillet over medium-high heat; add olive oil. Saut green beans and garlic 5 minutes.
- ☐
- Add sea salt and pepper.
- ☐
- Sprinkle chvre and chives on top, and serve warm.

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:1.76, Inflammation Score:-6, Nutrition Score:7.7604347545168%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 124.37kcal (6.22%), Fat: 9.86g (15.17%), Saturated Fat: 3.74g (23.36%), Carbohydrates: 6.27g (2.09%), Net Carbohydrates: 3.92g (1.42%), Sugar: 2.92g (3.25%), Cholesterol: 10.29mg (3.43%), Sodium: 251.57mg (10.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.56%), Vitamin K: 41.88µg (39.89%), Vitamin A: 810.39IU (16.21%), Vitamin C: 11.05mg (13.39%), Manganese: 0.23mg (11.33%), Fiber: 2.36g (9.42%), Vitamin B2: 0.14mg (8.52%), Copper: 0.17mg (8.39%), Vitamin B6: 0.17mg (8.3%), Vitamin E: 1.17mg (7.83%), Folate: 30.65µg (7.66%), Phosphorus: 70.8mg (7.08%), Iron: 1.21mg (6.73%), Magnesium: 24.25mg (6.06%), Vitamin B1: 0.08mg (5.46%), Calcium: 54.41mg (5.44%), Potassium: 190.21mg (5.43%), Vitamin B3: 0.7mg (3.49%), Vitamin B5: 0.3mg (2.98%), Zinc: 0.35mg (2.34%), Selenium: 1.04µg (1.49%)