



Stir-Fried Green Beans and Pepper



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



56 kcal

SIDE DISH

Ingredients



0.5 lb green beans



0.3 cup water



1 medium bell pepper red yellow cut into 1/2-inch pieces



1 tablespoon vegetable oil



2 teaspoons marjoram dried fresh chopped

Equipment

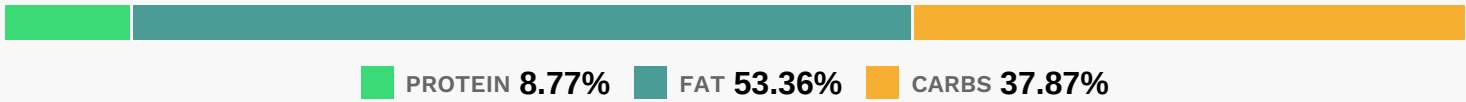


frying pan

Directions

- ☐ In 10-inch skillet, heat beans and water to boiling; reduce heat. Cover and cook about 5 minutes or until beans are crisp-tender; drain if necessary.
- ☐ Add bell pepper and oil to beans in skillet. Increase heat to medium-high. Cook and stir about 2 minutes or until bell pepper is crisp-tender. Stir in marjoram.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:1.49, Inflammation Score:-8, Nutrition Score:8.2686956498934%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 55.5kcal (2.78%), Fat: 3.62g (5.57%), Saturated Fat: 0.56g (3.53%), Carbohydrates: 5.78g (1.93%), Net Carbohydrates: 3.6g (1.31%), Sugar: 3.1g (3.44%), Cholesterol: 0mg (0%), Sodium: 5.37mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.68%), Vitamin C: 45.02mg (54.57%), Vitamin K: 32.4µg (30.86%), Vitamin A: 1326.73IU (26.53%), Fiber: 2.18g (8.7%), Vitamin B6: 0.17mg (8.36%), Folate: 32.53µg (8.13%), Manganese: 0.16mg (7.93%), Vitamin E: 0.98mg (6.54%), Potassium: 183.17mg (5.23%), Vitamin B2: 0.08mg (4.97%), Magnesium: 18.07mg (4.52%), Iron: 0.75mg (4.19%), Vitamin B1: 0.06mg (4.18%), Vitamin B3: 0.71mg (3.55%), Phosphorus: 29.43mg (2.94%), Calcium: 24.5mg (2.45%), Copper: 0.05mg (2.36%), Vitamin B5: 0.22mg (2.22%), Zinc: 0.21mg (1.42%)