



String Beans with Garlic



Vegetarian



Gluten Free

READY IN



17 min.

SERVINGS



8

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 2 to 3 garlic cloves sliced
- ☐ 8 servings kosher salt
- ☐ 1 tablespoon olive oil good
- ☐ 1.5 pounds string beans french haricots verts
- ☐ 2 tablespoons butter unsalted

Equipment

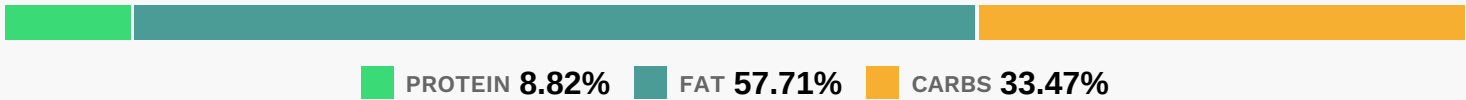
- ☐ bowl

- ☐ frying pan
- ☐ pot

Directions

- ☐ Blanch the string beans in a large pot of boiling salted water for just 1 1/2 minutes.
- ☐ Drain immediately and immerse in a large bowl of ice water to stop the cooking. When they are cool, drain and set aside.
- ☐ Heat the butter and olive oil in a very large saute pan over medium heat and cook the garlic for 1 to 2 minutes, tossing occasionally, until lightly browned.
- ☐ Add the string beans, sprinkle with salt and pepper, and toss together. Reheat the string beans and serve.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:1.75, Inflammation Score:-5, Nutrition Score:6.2782608584865%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 68.3kcal (3.41%), Fat: 4.78g (7.36%), Saturated Fat: 2.08g (13.02%), Carbohydrates: 6.24g (2.08%), Net Carbohydrates: 3.9g (1.42%), Sugar: 2.78g (3.09%), Cholesterol: 7.53mg (2.51%), Sodium: 199.46mg (8.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.29%), Vitamin K: 38.05µg (36.23%), Vitamin A: 674.91IU (13.5%), Vitamin C: 10.61mg (12.86%), Manganese: 0.21mg (10.48%), Fiber: 2.34g (9.35%), Folate: 28.21µg (7.05%), Vitamin B6: 0.13mg (6.48%), Magnesium: 21.7mg (5.42%), Vitamin B2: 0.09mg (5.33%), Potassium: 184.69mg (5.28%), Iron: 0.91mg (5.06%), Vitamin B1: 0.07mg (4.77%), Vitamin E: 0.68mg (4.56%), Phosphorus: 34.46mg (3.45%), Calcium: 34.25mg (3.42%), Vitamin B3: 0.63mg (3.16%), Copper: 0.06mg (3.15%), Vitamin B5: 0.2mg (2.01%), Zinc: 0.22mg (1.45%)