



## Tasty Green Beans

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



301 kcal

SIDE DISH

### Ingredients

- 2 tablespoons beef bouillon from cube
- 2 pounds green beans fresh rinsed trimmed
- 1 tablespoon garlic minced
- 0.5 cup butter
- 0.5 onion chopped
- 4 servings salt and pepper to taste
- 0.5 cup soya sauce
- 0.3 cup water

## Equipment

- sauce pan
- pot

## Directions

- Bring a large pot of water to a boil.
- Add green beans and cook for 5 minutes.
- Drain and rinse with cold water.
- Melt margarine in a large saucepan over high heat.
- Mixing well, add green beans, onions and garlic. Stir in soy sauce. While stirring, add bouillon and water. Reduce heat to low and simmer, stirring occasionally, for 20 minutes. Season with salt and pepper to taste.

## Nutrition Facts

**PROTEIN 9.76%** **FAT 65.74%** **CARBS 24.5%**

## Properties

Glycemic Index:29.5, Glycemic Load:5.13, Inflammation Score:-9, Nutrition Score:19.265217451946%

## Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 9.02mg, Quercetin: 9.02mg, Quercetin: 9.02mg, Quercetin: 9.02mg

## Nutrients (% of daily need)

Calories: 300.72kcal (15.04%), Fat: 23.41g (36.02%), Saturated Fat: 4.87g (30.44%), Carbohydrates: 19.63g (6.54%), Net Carbohydrates: 13g (4.73%), Sugar: 8.49g (9.43%), Cholesterol: 0mg (0%), Sodium: 2124.05mg (92.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.82g (15.63%), Vitamin K: 97.61µg (92.96%), Vitamin A: 2580.32IU (51.61%), Vitamin C: 29.37mg (35.6%), Manganese: 0.69mg (34.35%), Fiber: 6.63g (26.52%), Vitamin B6: 0.42mg (21.12%), Folate: 83.17µg (20.79%), Magnesium: 71.33mg (17.83%), Vitamin B2: 0.3mg (17.52%), Iron: 3.1mg (17.24%), Potassium: 584.06mg (16.69%), Vitamin B3: 2.9mg (14.52%), Vitamin B1: 0.22mg (14.43%), Phosphorus: 138.42mg (13.84%), Vitamin E: 1.81mg (12.09%), Calcium: 106.02mg (10.6%), Copper: 0.21mg (10.47%), Vitamin B5: 0.67mg (6.73%), Zinc: 0.72mg (4.78%), Selenium: 2µg (2.85%)