



## Wax Beans with Mint



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



85 min.

SERVINGS



3

CALORIES



110 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 pound turtle beans
- ☐ 1 leaves mint leaves
- ☐ 2 Tbsp olive oil extra virgin
- ☐ 1 serving salt

### Equipment

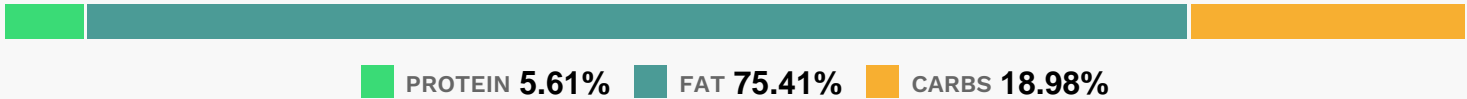
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

- ☐ sieve
- ☐ mortar and pestle
- ☐ steamer basket

## Directions

- ☐ Infuse olive oil with mint: A little bit ahead of time, crush a few mint leaves (reserve some for garnish) with a mortar and pestle.
- ☐ Put the crushed mint leaves into a small jar and add a couple tablespoons of high quality olive oil to cover.
- ☐ Let sit for at least an hour if you can. The longer the mint is in the olive oil, the better the infusion.
- ☐ Prep the wax beans: Prepare the beans by cutting off and discarding the tips and ends. Snap the beans in half, if necessary, to have pieces about 2 inches in length.
- ☐ Steam the beans: 15 minutes before serving bring an inch of water in a saucepan to a boil.
- ☐ Place the beans in a steamer basket in the saucepan. Cover and cook, until tender, about 10–15 minutes. Check for doneness after about 8 minutes or so. If a fork easily goes through them, they're done.
- ☐ Drizzle with mint infused oil:
- ☐ Remove beans from pan and place them into a serving bowl. Use a strainer to drizzle the mint-infused olive oil over the beans.
- ☐ Sprinkle salt over the beans to taste. (Fleur de sel would work really well with this dish.)
- ☐ Chop up a few more mint leaves to add as garnish.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:1.02, Inflammation Score:0, Nutrition Score:3.5886956413641%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 109.73kcal (5.49%), Fat: 9.48g (14.59%), Saturated Fat: 1.29g (8.05%), Carbohydrates: 5.37g (1.79%), Net Carbohydrates: 4.23g (1.54%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 69.32mg (3.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Vitamin C: 15.88mg (19.25%), Folate: 75.62µg (18.9%), Vitamin E: 1.34mg (8.96%), Vitamin K: 5.62µg (5.35%), Magnesium: 20.43mg (5.11%), Iron: 0.89mg (4.92%), Fiber: 1.14g (4.54%), Potassium: 158.2mg (4.52%), Calcium: 34.19mg (3.42%), Phosphorus: 28.74mg (2.87%), Copper: 0.05mg (2.65%), Zinc: 0.3mg (2.02%)