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Garlic Green Beans ^{♦♦}

Garlic green beans are a delicious and healthy side dish that can be enjoyed by vegetarians. They are made by sautéing fresh green beans with garlic and seasonings. This dish is often served as a side dish with rice or noodles.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Green beans
3 cloves	garlic
2 tbsp	olive oil
1 teaspoon	salt

0.5 black pepper
teaspoon

Directions

Step 1

Cut

Trim the ends of the green beans.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Mince the garlic cloves.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stove

Heat olive oil in a large skillet over medium heat.

Prep Time: 0 mins

Cook Time: 1 mins

Step 4

Stove

Add the minced garlic to the skillet and cook for 1 minute.

Prep Time: 0 mins

Cook Time: 1 mins

Step 5

Stove

Add the green beans to the skillet and cook for 8-10 minutes, or until tender-crisp.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Season with salt and black pepper to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve hot as a side dish.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 70 kcal

Fat: 3 g

Protein: 2 g

Carbohydrates: 9 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	9 g	16.36%	18%
Fibers	4 g	10.53%	16%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	3 g	10.71%	12%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	15 iu	1.67%	2.14%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	6 mg	461.54%	461.54%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	240 mg	7.06%	9.23%
Zinc	4 mg	36.36%	50%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Course

Salads Snacks

Cultural

Chinese New Year Thanksgiving

Demographics

Teen Friendly Allergy Friendly Heart Healthy

Diet

Mediterranean Diet

Paleo Diet

Atkins Diet

Vegetarian Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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