



Healthdor

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## Green Beans with Olive Oil, Balsamic, and Garlic

Green Beans with Olive Oil, Balsamic, and Garlic is a vegan recipe that combines the freshness of green beans with the rich flavors of olive oil, balsamic vinegar, and garlic. It is a delicious and healthy side dish that can be enjoyed by vegans and non-vegans alike.

**Recipe Type:** Vegan

**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

500 g	Green beans
2 tbsp	olive oil
2 tbsp	balsamic vinegar
2 cloves	garlic

# Directions

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## Step 1

### Preparation

Trim the ends of the green beans and wash them thoroughly.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

### Sautéing

Heat olive oil in a pan over medium heat. Add minced garlic and cook until fragrant.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 3

### Sautéing

Add the green beans to the pan and cook for 5-7 minutes, or until they are tender-crisp.

**Prep Time:** 0 mins

**Cook Time:** 7 mins

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## Step 4

## Sautéing

Drizzle balsamic vinegar over the green beans and cook for an additional 1-2 minutes.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

## Step 5

Season with salt and pepper to taste. Serve hot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 8 g

**Protein:** 3 g

**Carbohydrates:** 15 g

## Nutrition Facts

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### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	15 iu	1.67%	2.14%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	10 mg	0.29%	0.38%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

## Recipe Attributes

### Seasonality

Summer

Fall

### Events

Picnic

## Cuisines

Mediterranean

## Course

Salads

## Diet

Warrior Diet

OMAD (One Meal a Day) Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Ayurvedic Diet

Anti-Inflammatory Diet

Low Sodium Diet

The Fast Metabolism Diet

The Scarsdale Diet

The Cookie Diet

The Best Life Diet

The CICO (Calories In, Calories Out) Diet

The Peanut Butter Diet

The HCG Diet

The Starch Solution Diet

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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