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# **Green Beans with Cherry Tomatoes**

Green Beans with Cherry Tomatoes is a delicious vegetarian dish that combines the freshness of green beans with the sweetness of cherry tomatoes. It is a perfect side dish for any meal and can be enjoyed hot or cold.

Recipe Type: Vegetarian Prep Time: 15 mins

Cook Time: 10 mins Total Time: 25 mins

Recipe Yield: 500 grams Number of Servings: 4

Serving Size: 125 g

# Ingredients

400 g	Green beans
200 g	Cherry Tomatoes
2 tbsp	olive oil
2 cloves	garlic

1 tsp salt

**0.5** tsp black pepper

## **Directions**

### Step 1

Cutting

Trim the ends of the green beans and cut them into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 5 mins

### Step 2

Sautéing

Heat olive oil in a large skillet over medium heat. Add garlic and sauté until fragrant.

Prep Time: 2 mins

Cook Time: 3 mins

#### Step 3

Cooking

Add green beans to the skillet and cook for about 5 minutes, until they are crisp-tender.

Prep Time: 0 mins

Cook Time: 5 mins

#### Step 4



Add cherry tomatoes, salt, and black pepper to the skillet. Cook for an additional 2 minutes, until the tomatoes are slightly softened.

Prep Time: 0 mins

Cook Time: 2 mins

### Step 5

Remove from heat and serve hot or cold.

Prep Time: 0 mins

Cook Time: 0 mins

# **Nutrition Facts**

Calories: 100 kcal

**Fat:** 5 g

Protein: 3 g

Carbohydrates: 12 g

## **Nutrition Facts**

### **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	12 g	21.82%	24%
Fibers	4 g	10.53%	16%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

#### **Fats**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

### **Vitamins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

### **Minerals**

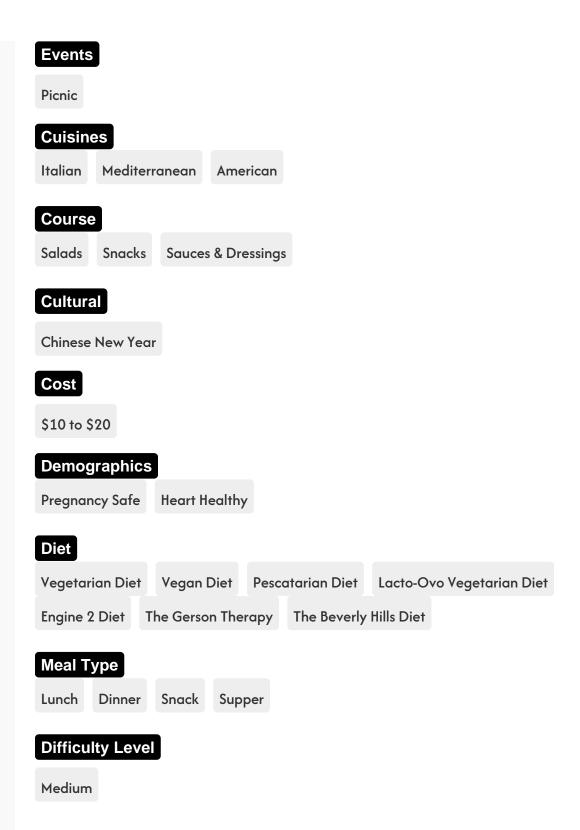
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	300 mg	8.82%	11.54%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

# **Recipe Attributes**

Seasonality

Summer

Fall



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