



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## 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

**Cooking**

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

## Events

Picnic

## Cuisines

Italian

Mediterranean

American

## Course

Salads

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

## Cost

\$10 to \$20

## Demographics

Pregnancy Safe

Heart Healthy

## Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Lacto-Ovo Vegetarian Diet

Engine 2 Diet

The Gerson Therapy

The Beverly Hills Diet

## Meal Type

Lunch

Dinner

Snack

Supper

## Difficulty Level

Medium

Visit our website: [healthdor.com](http://healthdor.com)