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Foil Pouch Grilled Green Beans ♦♦

Foil Pouch Grilled Green Beans is a vegan recipe that involves grilling fresh green beans in a foil pouch. The beans are seasoned with herbs and spices and grilled to perfection, resulting in a smoky and flavorful side dish. This recipe is perfect for summer barbecues or as a healthy and delicious addition to any meal.

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
1 tsp	garlic powder
1 tsp	onion powder
1 tsp	paprika

1 tsp salt

0.5 tsp black pepper

Directions

Step 1

Preheating

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, toss the green beans with olive oil, garlic powder, onion powder, paprika, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cut

Place the seasoned green beans in a foil pouch and seal tightly.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Grilling

Grill the foil pouch for 10-15 minutes, or until the green beans are tender and slightly charred.

Prep Time: 0 mins

Cook Time: 15 mins

Step 5

Serving

Carefully open the foil pouch and transfer the grilled green beans to a serving dish.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 5 g

Protein: 2 g

Carbohydrates: 12 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	12 g	21.82%	24%
Fibers	4 g	10.53%	16%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	5 g	17.86%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	4 mg	307.69%	307.69%
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	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	8 mg	0.24%	0.31%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Barbecue

Picnic

Cuisines

Middle Eastern

Nutritional Content

Low Calorie

Kitchen Tools

Slow Cooker

Course

Salads

Sauces & Dressings

Diet

Low FODMAP Diet

Vegan Diet

Raw Food Diet

Ovo-Vegetarian Diet

Anti-Inflammatory Diet

Low Sodium Diet

The Scarsdale Diet

The Rice Diet

The Israeli Army Diet

The Werewolf Diet

The Master Cleanse Diet

The Shangri-La Diet

The Best Life Diet

Meal Type

Supper

Difficulty Level

Medium

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