

Garlic Green Beans

Yield: 6 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/peruvian-green-beans-recipe>

Ingredients:

- 1 pound green beans
- 2 tablespoons butter you can halve it with olive oil if you're trying to be healthier
- 4 cloves minced garlic
- 1/4 cup fresh parsley chopped fine
- salt
- pepper

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 10 milligrams
4. Fat: 4 grams
5. Fiber: 3 grams
6. Protein: 2 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 160 milligrams
9. Sugar: 2 grams

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