

Italian Green Bean Toss

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-italian-green-bean-recipe>

Ingredients:

- 1 1/2 pounds green beans 1/2 kilo
- 3 tablespoons olive oil
- 1/2 teaspoon salt or to taste
- 1 clove garlic large, chopped or sliced
- balsamic vinegar if desired, optional

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 13 grams
3. Fat: 10 grams
4. Fiber: 5 grams
5. Protein: 3 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 310 milligrams
8. Sugar: 6 grams

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