

# Sauteed Garlic Green Beans

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 4 cups long green beans fresh or frozen, I use Trader Joe's frozen green beans
- 1/2 tablespoon butter
- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- kosher salt
- black pepper

## Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 5 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 210 milligrams

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