

David's Fresh String Bean

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-string-bean-recipe>

Ingredients:

- 1/2 pound string beans fresh, trimmed
- 3 cloves fresh garlic minced
- 1 tablespoon extra virgin olive oil
- 1 teaspoon rosemary
- salt
- black pepper

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 6 grams
3. Fat: 3.5 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 200 milligrams
8. Sugar: 2 grams

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