

Italian Green Beans

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-green-bean-recipe-with-frozen-green-beans>

Ingredients:

- 2 tablespoons butter
- 1/2 teaspoon minced garlic
- 1 teaspoon Italian seasoning
- 1/2 cup bread crumbs
- 1/2 cup Parmesan cheese
- 16 ounces frozen green beans
- salt to taste

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 25 milligrams
4. Fat: 9 grams
5. Fiber: 4 grams
6. Protein: 8 grams
7. SaturatedFat: 6 grams
8. Sodium: 530 milligrams
9. Sugar: 3 grams

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