

Green Bean Saute

Yield 6 servings

Ingredients

1 cup	onion (chopped)
1 cup	mushroom (sliced)
1 teaspoon	garlic (minced)
1 can	green beans (16 ounce, drained, cut)

Instructions

1. Spray a skillet with non-stick cooking spray.
2. Sauté onions, mushrooms, and garlic.
3. Add green beans and heat thoroughly.

Cost

Per recipe: \$2.26

Per serving: \$0.38

Source

Ponichtera, Brenda RD

ScaleDown Publishing, Inc., Quick and Healthy, Vol.II, 1995, p.93

Nutrition Facts

Serving Size 1/2 cup, 1/6 of recipe
(114g)

Servings Per Container 6

Amount Per Serving

Calories 35 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 2g

Vitamin A 6% • Vitamin C 8%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4