

Syrian Green Beans

Serves 6



Ingredients:

- 2 Tablespoons olive oil
- 2 garlic cloves, minced
- 1 pound fresh green beans, cut into 2-inch pieces
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 Tablespoons fresh cilantro, minced
- 2 Tablespoons fresh parsley, minced
- 2 Tablespoons fresh mint, minced

Instructions:

1. In a large skillet, heat oil over medium heat. Add garlic and cook for 1 minute.
2. Add green beans, salt, and pepper. Cover and cook until tender-crisp, 8-10 minutes, stirring occasionally.
3. Remove from heat and add herbs. Toss to combine.
4. Serve warm and enjoy!

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Nutrition Facts

Serving Size1 × 6 Serving

Amount Per Serving

Calories66.3

% Daily Value*

Total Fat	4.7 g	6 %
Saturated Fat	0.7 g	3 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	202.7 mg	9 %
Total Carbohydrate	5.9 g	2 %
Dietary Fiber	2.3 g	8 %
Total Sugars	2.5 g	
Added Sugars	0 g	0 %
Protein	1.6 g	
Vitamin D	0 mcg	0 %
Calcium	36.1 mg	3 %
Iron	1.1 mg	6 %
Potassium	182.2 mg	4 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com

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