

Herbed Green Beans

Servings: 8

2 pounds young green beans, trimmed
2 tablespoons butter, melted
2 teaspoons Parmesan cheese, grated
1 teaspoon dried oregano, crushed
1 teaspoon dried rosemary, crumbled
Kosher salt
ground black pepper

Preparation Time: 20 minutes

Cook Time: 3 minutes

Bring a large pot of water to a boil. Add the green beans. Cook the beans until crisp-tender, 3 to 5 minutes. Drain. Transfer the beans to a large bowl.

In a small bowl, stir together the butter, Parmesan cheese, oregano and rosemary. Drizzle over the green beans and toss to coat.

Finish with Kosher salt and black pepper to taste.

Per Serving (excluding unknown items): 28 Calories; 3g Fat (93.8% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 8mg Cholesterol; 37mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fat.

Side Dish

Per Serving Nutritional Analysis

Calories (kcal):		28	Vitamin B6 (mg):		trace
% Calories from Fat:		93.8%	Vitamin B12 (mcg):		trace
% Calories from Carbohydrates:		3.1%	Thiamin B1 (mg):		trace
% Calories from Protein:		3.1%	Riboflavin B2 (mg):		trace
Total Fat (g):		3g	Folacin (mcg):		1mcg
Saturated Fat (g):		2g	Niacin (mg):		trace
Monounsaturated Fat (g):		1g	Caffeine (mg):		0mg
Polyunsaturated Fat (g):		trace	Alcohol (kcal):		0
Cholesterol (mg):		8mg	% Daily Value*		on on%
Carbohydrate (g):		trace	Food Exchanges		
Dietary Fiber (g):		trace	Grain (Starch):		0
Protein (g):		trace	Lean Meat:		0
		37mg			0

Sodium (mg):
Potassium (mg): 6mg
Calcium (mg): 11mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 129IU
Vitamin A (r.e.): 29 1/2RE

Vegetable:
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 28 Calories from Fat: 27

% Daily Values*

Total Fat	3g	5%
Saturated Fat	2g	9%
Cholesterol	8mg	3%
Sodium	37mg	2%
Total Carbohydrates	trace	0%
Dietary Fiber	trace	1%
Protein	trace	

Vitamin A	3%
Vitamin C	0%
Calcium	1%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.