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## Green Beans with Olive Oil and Parsley

**Preparation time:** 5 min **Servings:** 4**Cooking time:** 5 min**Ingredients:**

1 tbsp parsley, minced  
 2 tsp virgin olive oil  
 1/4 tsp salt to taste (optional)  
 1-1/2 lb green beans, trimmed

**Cooking Directions:**

Place green beans in a steamer basket over boiling water. Cover saucepan and steam 3-4 minutes or until tender. Remove beans from pan. Rinse under cold running water. Transfer to a bowl and add remaining ingredients. Season with pepper to taste and toss.

**Nutritionist Recommended For:**

Low Fat  
 Low Calories  
 Low Cholesterol

**Nutrition Facts****Calories** 73

% Calories From Fat 30.8%

**Total Fat** 2.5g

Saturated Fats 0.4g

Mono-unsaturated Fats 1.7g

Poly-unsaturated Fats 0.3g

**Cholesterol** 0mg**Sodium** 160mg**Total Carbohydrates** 12g

Dietary Fiber 5.8g

Sugar 2.4g

**Protein** 3.1g**More Information****Vitamins**

Thiamin B1	0.14 mg
Vitamin A	1300 IU
Vitamin K	41 mcg
Vitamin E	1 mg
Pantothenic Acid	0.16 mg
Vitamin B6	0.13 mg
Choline	26 mg
Riboflavin B2	0.18 mg
Vitamin D	0 IU
Vitamin B12	0 mcg
Vitamin C	29 mg
Niacin B3	1.3 mg

**Minerals**

Sodium	160 mg
Zinc	0.42 mg
Copper	0.12 mg
Iron	1.8 mg
Calcium	64 mg
Manganese	0.37 mg
Magnesium	43 mg
Potassium	360 mg
Fluoride	32 mcg
Phosphorus	65 mg
Selenium	1 mcg