

Garlic Balsamic Green Beans

submitted by KatMack



Per serving: 81 Calories • 11.4g Carbs (3.7g Fiber) • 3.7g Fat • 2.7g Protein

Ingredients

Ingredients scaled to: 4 serving

- 1 tbsp **Olive oil** (13.5 grams)
- 16 oz **Green beans** (454 grams)
- 1 tbsp **Balsamic vinegar** (16 grams)
- 1 tbsp **Garlic powder** (9.7 grams)
- 1 tbsp **Pepper** (6.4 grams)

Directions

Directions are based on the original recipe of 4 servings

1. Heat oil in frying pan over medium-high heat.
2. Add green beans and keep moving around in pan until they get some color (approx 3-5 minutes). Add balsamic vinegar, garlic powder, and the pepper, sprinkling over all of the green beans.
3. Remove from heat and cover for a few minutes to let flavours develop. Serve.