



Caramelized Garlicky Green Beans

Servings

4

Calories

70

Prep Time

5 minutes

Total Time

20 minutes

Skill Level

Easy

Ingredients

1 teaspoon olive oil

1 tablespoon salted butter

1 (12 ounce) bag Mann™ Green Beans

1 teaspoon fresh minced garlic

½ teaspoon salt

¼ teaspoon fresh ground black pepper



The Method

Over medium-heat, add oil to a large sauté pan. Add salted butter and allow it to melt. Add Mann™ Green Beans in the sauté pan then add minced garlic, salt, and black pepper. Toss to evenly coat. Cook 5-8 minutes, turning occasionally to brown Mann™ Green Beans.

Top with parsley and serve with dipping veggies, chips or crackers.

Nutrition Facts

Serving Size 92g | Servings: 4

Amount Per Serving

Calories 70 | Total Fat 4.5g (sat fat 2g trans 0g) | Cholesterol 10mg | Sodium 320mg | Total Carbohydrate 6g | Dietary Fiber 2g | Sugars 3g (Includes 0g Added Sugars) | Protein 2g | Vitamin D 0% | Calcium 2% | Iron 6% | Potassium 4%