



October 23- Green Beans, Cranberries and Nuts

Smart Snack

Link: No link, Dining with Diabetes Recipe

Recipe

Ingredients:

- 1 8-oz. can of green beans (½ lb. fresh or 2 cups frozen)
- ⅓ cup dried cranberries
- 1½ Tablespoon chopped nuts (such as sliced almonds)
- ½ Tablespoon honey (optional)
- Lemon pepper, dill, or seasoned salt

Directions:

1. Drain and rinse green beans. If using fresh, snap into 4 inch pieces and cook until soft.
2. Add cranberries, honey and nuts and stir well. Serve hot, sprinkled with choice of seasonings.

Yield 2 servings

Nutrition Facts	
Serving Size: 1 serving (130.5g)	
Servings: 1	
Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	1%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 240mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	16%
Sugars 9g	
Protein 3g	
Vitamin A 10%	• Vitamin C 25%
Calcium 6%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g