SPANISH · SIDE

Spanish Garlic Green Beans

Judías verdes al ajillo

20 min · Serves 4 · 101 kcal a serve · Video 7:03 · Spain on a Fork

Vegan · Paleo · Gluten-free ingredients · No nuts listed

Only 6 g net carbs and about 100 kcal a serve: blanched green beans sautéed in olive oil with garlic, parsley and a splash of sherry vinegar. Rich in vitamin K and a good source of vitamin C.

Diet notes: Keto (6.1 g net carbs a serve); Low saturated fat (0.9 g, 8% of the energy); DASH-friendly with less salt: up to a pinch a serve.

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Ingredients 6 · SERVES 4

- [ ] 450 g **fresh green beans**, ends trimmed
- [ ] 2 tbsp (30 ml) extra **virgin olive oil**
- [ ] 5 **garlic** cloves, roughly chopped
- [ ] 2 tbsp finely chopped **fresh parsley**
- [ ] ½ tbsp (8 ml) **sherry vinegar**
- [ ] **sea salt** to taste (plus salt for the blanching water) and black pepper

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Fill a stockpot a little over halfway with water, salt it well and bring it to a boil over high heat. Rinse the green beans. 0:48
2. Add the beans, bring the water back to a boil and cook them exactly 2 minutes, then lift them into a bowl of iced water. 1:24
3. After a couple of minutes drain the beans, spin or pat them completely dry and trim the ends. 2:06
4. Chop the garlic and finely chop a small handful of parsley. 2:45
5. Heat a large pan over medium-high, add 2 tbsp olive oil and the beans and sauté 3–4 minutes, stirring every 30 seconds, until lightly blistered. 3:09
6. Add the garlic and stir constantly for 30–45 seconds, then add the sherry vinegar, 2 tbsp parsley, salt and pepper. Toss and serve. 4:03

> **Tip** The 2-minute blanch is what keeps them crisp; any longer and they turn soft in the pan.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
101 kcal	2.3 g	9.3 g	3.2 g	7 g	400 mg
420 kJ	5% of a day	6.1 g net · 3.8 g sugars	11% of a day	0.9 g saturated	17% of a day
		3% of a day		9% of a day	

Energy from net carbs 25% · protein 10% · fat 65% — fits keto: 6.1 g net carbs, 65% of the energy from fat

High in (20%+ of a day) Vitamin K 71% · Vitamin C 20%

Source of (10–19%) Vitamin B6 12% · Vitamin E 10% · Folate 10%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=tscNWpVwkS0. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/judias-verdes-al-ajillo