



Browned Green Beans

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



59 kcal

SIDE DISH

Ingredients

- 1.5 pounds green beans
- 1.5 tablespoons juice of lemon fresh
- 0.5 cup low-salt chicken broth
- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 1 tablespoon vegetable oil

Equipment

- frying pan

Directions

- Trim ends from beans, and remove strings.
- Cut beans in half lengthwise, slicing through the seam on each side of beans.
- Heat oil in a large skillet over high heat.
- Add beans, and cook 5 minutes or until lightly browned, stirring frequently. Reduce heat to medium, and gradually add broth, salt, and pepper; cook 2 minutes.
- Remove from heat; stir in lemon juice.

Nutrition Facts

PROTEIN 14.74% **FAT 35.29%** **CARBS 49.97%**

Properties

Glycemic Index:13, Glycemic Load:2.23, Inflammation Score:-6, Nutrition Score:8.3391305402569%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 59.27kcal (2.96%), Fat: 2.64g (4.07%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 8.43g (2.81%), Net Carbohydrates: 5.34g (1.94%), Sugar: 3.82g (4.24%), Cholesterol: 0mg (0%), Sodium: 109.64mg (4.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.97%), Vitamin K: 53µg (50.47%), Vitamin C: 15.29mg (18.53%), Vitamin A: 782.9IU (15.66%), Manganese: 0.25mg (12.55%), Fiber: 3.08g (12.33%), Folate: 38.18µg (9.54%), Vitamin B6: 0.16mg (8.19%), Potassium: 260.62mg (7.45%), Vitamin B2: 0.12mg (7.32%), Magnesium: 28.84mg (7.21%), Iron: 1.22mg (6.76%), Vitamin B1: 0.09mg (6.26%), Vitamin B3: 1.11mg (5.53%), Phosphorus: 49.36mg (4.94%), Copper: 0.09mg (4.48%), Vitamin E: 0.66mg (4.38%), Calcium: 43.21mg (4.32%), Vitamin B5: 0.26mg (2.61%), Zinc: 0.29mg (1.96%)