



HEALTH SCORE

100%

Charred Green Beans with Lemon Verbena Pesto



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



403 kcal

SIDE DISH

Ingredients

- ☐ 2 garlic cloves
- ☐ 1.5 pounds slender green beans
- ☐ 1 cup lemon verbena leaves fresh (substitute lemon balm leaves)
- ☐ 0.5 cup olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 cup pinenuts english
- ☐ 2 servings sea salt and pepper black freshly ground to taste fine

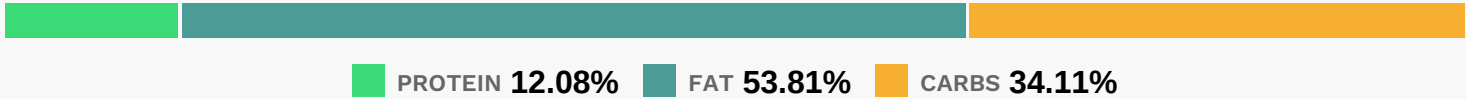
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ grill
- ☐ wok
- ☐ spatula

Directions

- ☐ Prepare a hot fire in your grill.
- ☐ Toss the beans with olive oil and place in a perforated grill basket or wok set on a baking sheet.
- ☐ For the Lemon Verbena Pesto, combine the lemon verbena, garlic, cheese, and nuts in a food processor and pulse to puree. Slowly add the olive oil with the processor running until the mixture thickens and emulsifies, about 1 minute. Season to taste with salt and pepper. The pesto will keep in the refrigerator for 7 to 10 days or it may be frozen for up to 3 months.
- ☐ Place the grill wok or basket directly over the fire and stir-grill tossing the beans with wooden paddles or grill spatulas until crisp-tender, about 5 to 8 minutes.
- ☐ Transfer the grilled beans to a large bowl and toss with about 1/4 cup of the Lemon Verbena Pesto or to taste.
- ☐ Reprinted with permission from The Gardener & The Grill by Karen Adler & Judith Fertig, © 2012 Running Press

Nutrition Facts



Properties

Glycemic Index:66.75, Glycemic Load:8.74, Inflammation Score:-10, Nutrition Score:34.224347670441%

Flavonoids

Eriodictyol: 22.64mg, Eriodictyol: 22.64mg, Eriodictyol: 22.64mg, Eriodictyol: 22.64mg Hesperetin: 29.57mg, Hesperetin: 29.57mg, Hesperetin: 29.57mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 2.52mg, Luteolin: 2.52mg, Luteolin: 2.52mg, Luteolin: 2.52mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg Quercetin: 10.55mg, Quercetin: 10.55mg, Quercetin: 10.55mg, Quercetin: 10.55mg

Nutrients (% of daily need)

Calories: 402.59kcal (20.13%), Fat: 26.93g (41.43%), Saturated Fat: 4.47g (27.94%), Carbohydrates: 38.41g (12.8%), Net Carbohydrates: 25.54g (9.29%), Sugar: 14.39g (15.98%), Cholesterol: 10.88mg (3.63%), Sodium: 242.37mg (10.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.6g (27.21%), Vitamin K: 162.31µg (154.58%), Vitamin C: 98.75mg (119.7%), Manganese: 2.33mg (116.27%), Fiber: 12.87g (51.46%), Vitamin A: 2484.5IU (49.69%), Magnesium: 141.18mg (35.3%), Phosphorus: 327.26mg (32.73%), Folate: 130.52µg (32.63%), Vitamin E: 4.75mg (31.67%), Vitamin B6: 0.63mg (31.4%), Iron: 5.25mg (29.17%), Potassium: 1001.3mg (28.61%), Calcium: 272.61mg (27.26%), Vitamin B2: 0.46mg (27.05%), Vitamin B1: 0.39mg (26.15%), Copper: 0.51mg (25.6%), Zinc: 2.55mg (16.97%), Vitamin B3: 3.38mg (16.88%), Vitamin B5: 1.08mg (10.8%), Selenium: 7.39µg (10.56%), Vitamin B12: 0.17µg (2.81%)