



Dijon Green Beans

 Vegetarian  Gluten Free  Low Fod Map

READY IN



7 min.

SERVINGS



4

CALORIES



46 kcal

SIDE DISH

Ingredients

- 2 teaspoons dijon mustard
- 12 ounce green beans fresh trimmed
- 1 tablespoon parsley fresh finely chopped
- 0.5 teaspoon lemon rind grated
- 1 tablespoon butter light melted
- 0.3 teaspoon salt

Equipment

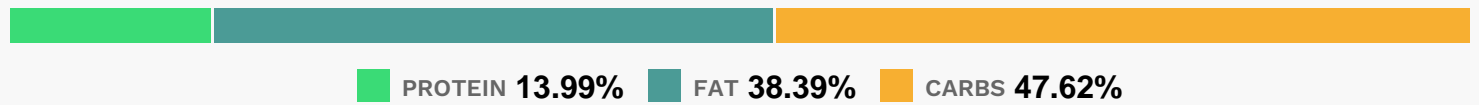
- bowl

microwave

Directions

- Microwave beans according to package directions.
- While beans cook, combine butter and remaining ingredients in a small bowl.
- Place beans in a serving bowl.
- Add butter mixture; toss well.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:1.69, Inflammation Score:-6, Nutrition Score:7.0934782727905%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 45.83kcal (2.29%), Fat: 2.21g (3.4%), Saturated Fat: 1.25g (7.82%), Carbohydrates: 6.16g (2.05%), Net Carbohydrates: 3.7g (1.35%), Sugar: 2.83g (3.14%), Cholesterol: 3.71mg (1.24%), Sodium: 179.78mg (7.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.62%), Vitamin K: 53.18µg (50.64%), Vitamin A: 732.41IU (14.65%), Vitamin C: 12.04mg (14.59%), Fiber: 2.46g (9.85%), Manganese: 0.2mg (9.81%), Folate: 29.83µg (7.46%), Vitamin B6: 0.12mg (6.17%), Magnesium: 23.18mg (5.79%), Iron: 1.02mg (5.66%), Vitamin B2: 0.09mg (5.51%), Potassium: 191.66mg (5.48%), Vitamin B1: 0.08mg (5.05%), Phosphorus: 36.82mg (3.68%), Calcium: 36.53mg (3.65%), Vitamin B3: 0.65mg (3.27%), Copper: 0.06mg (3.12%), Vitamin E: 0.42mg (2.81%), Vitamin B5: 0.2mg (2.04%), Selenium: 1.4µg (2%), Zinc: 0.24mg (1.61%)