



French Cut Green Beans with Almonds and Fried Onions

 **Gluten Free** Image not found or type unknown

READY IN

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ready

20 min.

SERVINGS

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servings

4

CALORIES

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calories

366 kcal

SIDE DISH

Ingredients

- ☐ 1 pound french-cut green beans fresh frozen
- ☐ 1 can fried onions
- ☐ 4 servings ground pepper black
- ☐ 0.5 juice of lemon juiced
- ☐ 4 servings salt
- ☐ 0.3 cup slivered almonds (2-ounce package)
- ☐ 1 tablespoons butter unsalted

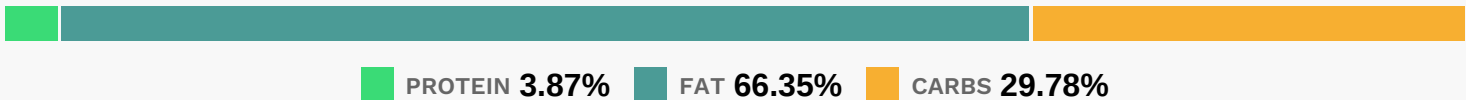
Equipment

☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring 1 inch of water to a boil in a high-sided saute pan. If using fresh beans, cut them lengthwise while you wait for the water to boil.
- ☐ Add salt and green beans to boiling water and cook until just tender.
- ☐ Drain beans and rinse under cold water to stop the cooking. Return the skillet to medium heat and add the butter. When butter is melted, add the almonds and cook until golden brown.
- ☐ Return the green beans to the pan, along with the juice of 1/2 a lemon, add salt and pepper, to taste. When warmed through, top with fried onions.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:2.3, Inflammation Score:-7, Nutrition Score:10.22217403579%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 366.03kcal (18.3%), Fat: 27.12g (41.73%), Saturated Fat: 10.95g (68.46%), Carbohydrates: 27.4g (9.13%), Net Carbohydrates: 23.45g (8.53%), Sugar: 4.09g (4.54%), Cholesterol: 7.53mg (2.51%), Sodium: 555.13mg (24.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.12%), Vitamin K: 49.17µg (46.83%),

Manganese: 0.41mg (20.65%), Vitamin C: 15.29mg (18.53%), Vitamin A: 870.75IU (17.42%), Fiber: 3.94g (15.77%), Vitamin E: 2.28mg (15.21%), Magnesium: 47.05mg (11.76%), Vitamin B2: 0.2mg (11.58%), Folate: 41.26µg (10.32%), Vitamin B6: 0.17mg (8.56%), Potassium: 294.82mg (8.42%), Iron: 1.43mg (7.96%), Phosphorus: 76.86mg (7.69%), Copper: 0.15mg (7.52%), Vitamin B1: 0.11mg (7.2%), Calcium: 61.74mg (6.17%), Vitamin B3: 1.08mg (5.41%), Zinc: 0.49mg (3.26%), Vitamin B5: 0.3mg (2.97%), Selenium: 1µg (1.43%)