



Fried Green Beans

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



106 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 2 tablespoons olive oil extra virgin
- 2 cups green beans fresh diagonally sliced
- 1 pinch garlic salt to taste
- 1 pinch ground pepper black to taste
- 2 tablespoons juice of lemon fresh
- 1 teaspoon lemon zest

Equipment

frying pan

Directions

- Heat the olive oil, butter and lemon juice in a skillet over medium-high heat.
- Add the green beans, lemon zest, garlic salt and pepper. Cook and stir for about 10 minutes, or until beans are tender, but still a little crunchy.

Nutrition Facts



PROTEIN 3.83% **FAT 80.26%** **CARBS 15.91%**

Properties

Glycemic Index:32, Glycemic Load:1.08, Inflammation Score:-4, Nutrition Score:4.68608694394%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 105.97kcal (5.3%), Fat: 9.98g (15.35%), Saturated Fat: 2.8g (17.48%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 2.88g (1.05%), Sugar: 2.01g (2.23%), Cholesterol: 7.53mg (2.51%), Sodium: 35.74mg (1.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.15%), Vitamin K: 28.15µg (26.81%), Vitamin C: 10.26mg (12.43%), Vitamin A: 467.8IU (9.36%), Vitamin E: 1.33mg (8.85%), Fiber: 1.57g (6.27%), Manganese: 0.12mg (6.15%), Folate: 19.82µg (4.96%), Vitamin B6: 0.08mg (4.1%), Magnesium: 14.39mg (3.6%), Potassium: 125.82mg (3.59%), Vitamin B2: 0.06mg (3.53%), Iron: 0.62mg (3.44%), Vitamin B1: 0.05mg (3.16%), Calcium: 22.5mg (2.25%), Phosphorus: 22.44mg (2.24%), Vitamin B3: 0.41mg (2.07%), Copper: 0.04mg (2%), Vitamin B5: 0.14mg (1.39%)