



## Garlic Green Beans Amandine

 Gluten Free  Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



69 kcal

SIDE DISH

### Ingredients

- 2 tablespoons almonds sliced
- 2 cloves garlic crushed
- 9 ounce green beans frozen french-style
- 0.1 teaspoon ground pepper
- 0.5 teaspoon lemon rind grated
- 2 teaspoons butter melted reduced-calorie
- 0.3 teaspoon salt

### Equipment

- bowl
- frying pan

## Directions

- Cook beans according to package directions.
- Drain well, and transfer to a bowl.
- While beans cook, place a small heavy skillet over medium-high heat until hot.
- Add almonds, and cook, stirring constantly, 1 minute or until toasted. Set almonds aside.
- Combine margarine and remaining 4 ingredients in a small bowl.
- Pour margarine mixture over beans, tossing gently to coat.
- Sprinkle with almonds.

## Nutrition Facts

**PROTEIN 12.42%** **FAT 55.28%** **CARBS 32.3%**

## Properties

Glycemic Index:29.5, Glycemic Load:1.45, Inflammation Score:-5, Nutrition Score:6.3386956987822%

## Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

## Nutrients (% of daily need)

Calories: 69.21kcal (3.46%), Fat: 4.66g (7.17%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 6.12g (2.04%), Net Carbohydrates: 3.7g (1.35%), Sugar: 2.32g (2.58%), Cholesterol: 0mg (0%), Sodium: 173.08mg (7.53%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.36g (4.71%), Vitamin K: 27.56µg (26.24%), Manganese: 0.29mg (14.27%), Vitamin E: 1.62mg (10.81%), Vitamin A: 530.2IU (10.6%), Vitamin C: 8.58mg (10.4%), Fiber: 2.42g (9.68%), Magnesium: 30.04mg (7.51%), Vitamin B2: 0.13mg (7.43%), Folate: 23.36µg (5.84%), Vitamin B6: 0.12mg (5.81%), Phosphorus: 51.29mg (5.13%), Potassium: 179.57mg (5.13%), Copper: 0.1mg (5.06%), Iron: 0.88mg (4.87%), Vitamin

B1: 0.07mg (4.4%), Calcium: 41.22mg (4.12%), Vitamin B3: 0.66mg (3.31%), Zinc: 0.33mg (2.19%), Vitamin B5: 0.18mg (1.8%), Selenium: 0.81µg (1.15%)