



Green Beans Almondine



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



74 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 3 cups chicken broth
- ☐ 2 tablespoons cornstarch
- ☐ 3 pounds green beans trimmed
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup slivered almonds toasted
- ☐ 0.3 cup water

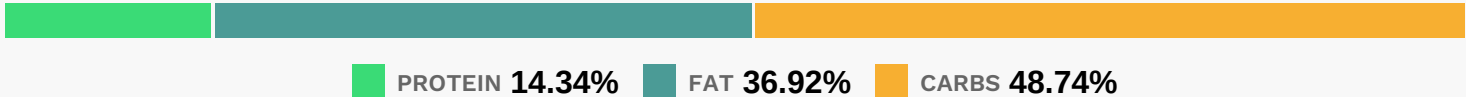
Equipment

☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium-high heat.
- ☐ Add beans and saute 5 minutes.
- ☐ Add broth and pepper; bring to a boil. Reduce heat, cover and simmer 15 minutes. Dissolve cornstarch in water; add to skillet. Bring to a boil; cook one minute, stirring constantly. Stir in lemon juice.
- ☐ Sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:2.26, Inflammation Score:-6, Nutrition Score:9.0434783334317%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 74.28kcal (3.71%), Fat: 3.4g (5.23%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 10.09g (3.36%), Net Carbohydrates: 6.71g (2.44%), Sugar: 4.11g (4.57%), Cholesterol: 6.19mg (2.06%), Sodium: 240.2mg (10.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.94%), Vitamin K: 49.06µg (46.72%), Vitamin C: 14.8mg (17.94%), Vitamin A: 842.56IU (16.85%), Manganese: 0.34mg (16.75%), Fiber: 3.38g (13.53%), Vitamin B2: 0.18mg (10.56%), Folate: 39µg (9.75%), Magnesium: 35.44mg (8.86%), Vitamin B6: 0.16mg (8.22%), Potassium: 270.62mg (7.73%), Vitamin E: 1.12mg (7.49%), Vitamin B1: 0.11mg (7.38%), Iron: 1.31mg (7.27%), Phosphorus: 57.33mg (5.73%),

Copper: 0.11mg (5.66%), Vitamin B3: 1.05mg (5.23%), Calcium: 51.61mg (5.16%), Vitamin B5: 0.28mg (2.78%), Zinc: 0.39mg (2.59%), Selenium: 1.07µg (1.54%)