



Green Beans Amandine



Gluten Free



Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

133 kcal

SIDE DISH

Ingredients



0.3 cup almonds toasted sliced



0.8 teaspoon pepper black freshly ground



2 tablespoons cornstarch



3 cups less-sodium chicken broth fat-free



3 pounds green beans trimmed



2 tablespoons juice of lemon



0.3 cup butter fat-free



0.5 teaspoon salt

☐ 0.3 cup water

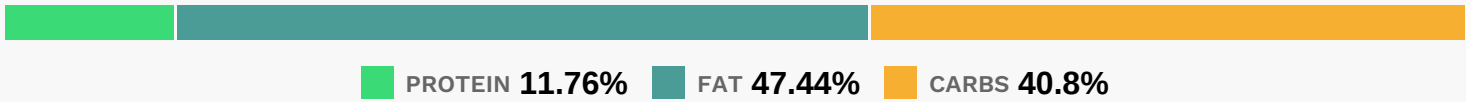
Equipment

☐ frying pan

Directions

- ☐ Melt margarine in a large skillet over medium-high heat.
- ☐ Add beans, and saut 5 minutes.
- ☐ Add broth, pepper, and salt; bring to a boil. Cover, reduce heat, and simmer 15 minutes.
- ☐ Combine cornstarch and water; add to skillet. Bring to a boil; cook 1 minute, stirring constantly. Stir in juice.
- ☐ Sprinkle with almonds just before serving.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:3.39, Inflammation Score:-8, Nutrition Score:13.823043367137%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg

Nutrients (% of daily need)

Calories: 132.7kcal (6.64%), Fat: 7.68g (11.82%), Saturated Fat: 1.38g (8.65%), Carbohydrates: 14.86g (4.95%), Net Carbohydrates: 9.84g (3.58%), Sugar: 5.89g (6.55%), Cholesterol: 0mg (0%), Sodium: 571.26mg (24.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.57%), Vitamin K: 73.45µg (69.95%), Vitamin A: 1428.69IU (28.57%), Vitamin C: 22.22mg (26.93%), Manganese: 0.47mg (23.41%), Fiber: 5.03g (20.11%), Folate: 59.1µg (14.78%),

Vitamin B2: 0.23mg (13.59%), Magnesium: 52.03mg (13.01%), Vitamin B6: 0.26mg (12.93%), Potassium: 414.94mg (11.86%), Iron: 2.01mg (11.16%), Vitamin E: 1.66mg (11.07%), Vitamin B1: 0.15mg (10.21%), Vitamin B3: 1.83mg (9.17%), Phosphorus: 90.32mg (9.03%), Copper: 0.17mg (8.43%), Calcium: 77.61mg (7.76%), Vitamin B5: 0.51mg (5.12%), Selenium: 3.08µg (4.4%), Zinc: 0.52mg (3.48%), Vitamin B12: 0.18µg (2.96%)