



Green Beans Amandine



Vegetarian



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



125 kcal

SIDE DISH

Ingredients

- 1 pound green beans fresh cut into 2-inch pieces
- 0.3 cup slivered almonds
- 2 tablespoons butter
- 1 teaspoon juice of lemon
- 0.3 teaspoon lawry's seasoned salt

Equipment

- frying pan
- sauce pan

Directions

- Place beans and 1/2 cup water in a large skillet or saucepan. Bring to a boil. Cover and cook until beans are crisp-tender, 10-15 minutes; drain and set aside.
- In a large skillet, cook almonds in butter over low heat. Stir in lemon juice and, if desired, seasoned salt.
- Add beans and heat through.

Nutrition Facts

PROTEIN 10.52% **FAT 61.63%** **CARBS 27.85%**

Properties

Glycemic Index:26.5, Glycemic Load:2.29, Inflammation Score:-7, Nutrition Score:10.209130430351%

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: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 124.7kcal (6.24%), Fat: 9.3g (14.3%), Saturated Fat: 3.91g (24.45%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 5.54g (2.02%), Sugar: 4.03g (4.47%), Cholesterol: 15.05mg (5.02%), Sodium: 197.24mg (8.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.14%), Vitamin K: 49.25µg (46.91%), Manganese: 0.4mg (19.99%), Vitamin A: 957.52IU (19.15%), Vitamin C: 14.32mg (17.36%), Vitamin E: 2.36mg (15.71%), Fiber: 3.91g (15.64%), Magnesium: 46.79mg (11.7%), Vitamin B2: 0.2mg (11.61%), Folate: 40.85µg (10.21%), Vitamin B6: 0.17mg (8.5%), Potassium: 291.74mg (8.34%), Iron: 1.42mg (7.9%), Phosphorus: 77.34mg (7.73%), Copper: 0.15mg (7.4%), Vitamin B1: 0.11mg (7.16%), Calcium: 61.96mg (6.2%), Vitamin B3: 1.08mg (5.4%), Zinc: 0.49mg (3.27%), Vitamin B5: 0.3mg (2.96%), Selenium: 1.03µg (1.47%)