

Green Beans Amandine

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



201 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter melted
- 2 pounds green beans fresh
- 1 small ham hock
- 0.3 cup onion minced
- 8 servings try build-a-meal
- 0.7 cup slivered almonds
- 1 cup water

Equipment

dutch oven

Directions

Wash beans; trim stem ends.

Cut beans into 1 1/2-inch pieces.

Place in a Dutch oven; add ham hock and water. Bring to a boil; cover, reduce heat, and simmer 12 to 15 minutes or until crisp-tender.

Drain.Saut almonds and onion in butter in Dutch oven until onion is tender.

Add beans along with salt; toss lightly.

Nutrition Facts

 **PROTEIN 19.33%**  **FAT 59.38%**  **CARBS 21.29%**

Properties

Glycemic Index:10.38, Glycemic Load:2.45, Inflammation Score:-7, Nutrition Score:11.609565158253%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg 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: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 200.62kcal (10.03%), Fat: 13.89g (21.37%), Saturated Fat: 3.09g (19.3%), Carbohydrates: 11.2g (3.73%), Net Carbohydrates: 6.68g (2.43%), Sugar: 4.38g (4.87%), Cholesterol: 23.16mg (7.72%), Sodium: 111.28mg (4.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.17g (20.35%), Vitamin K: 48.85µg (46.52%), Manganese: 0.53mg (26.31%), Vitamin E: 2.95mg (19.65%), Vitamin A: 970.57IU (19.41%), Fiber: 4.53g (18.1%), Vitamin C: 14.34mg (17.38%), Magnesium: 56.25mg (14.06%), Vitamin B2: 0.23mg (13.37%), Potassium: 402.47mg (11.5%), Folate: 42.85µg (10.71%), Iron: 1.92mg (10.69%), Phosphorus: 95.84mg (9.58%), Copper: 0.19mg (9.26%), Vitamin B6: 0.18mg (9.23%), Vitamin B1: 0.12mg (7.87%), Calcium: 74.97mg (7.5%), Vitamin B3: 1.22mg (6.11%), Zinc: 0.62mg (4.15%), Vitamin B5: 0.32mg (3.25%), Selenium: 1.59µg (2.28%)