



Green Beans and Corn with Lime Butter

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



125 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter
- 12 oz green beans frozen thawed
- 12 oz corn frozen thawed
- 0.5 teaspoon salt
- 2 teaspoons lime zest grated
- 1 juice of lime

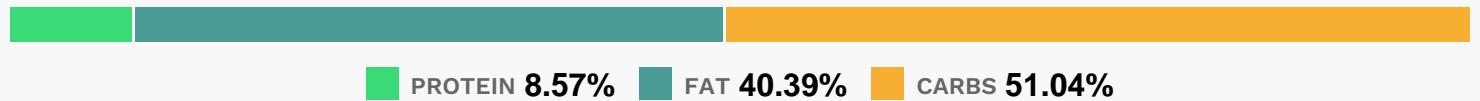
Equipment

- frying pan

Directions

- In 12-inch skillet, melt butter over medium heat.
- Add green beans, corn and salt. Cook 5 to 8 minutes, stirring occasionally, until vegetables are thoroughly heated.
- Stir in lime peel and juice.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:1.13, Inflammation Score:-5, Nutrition Score:6.9834782435842%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 124.78kcal (6.24%), Fat: 6.25g (9.61%), Saturated Fat: 3.69g (23.09%), Carbohydrates: 17.77g (5.92%), Net Carbohydrates: 14.61g (5.31%), Sugar: 1.95g (2.16%), Cholesterol: 15.05mg (5.02%), Sodium: 245.15mg (10.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.96%), Vitamin K: 24.9µg (23.72%), Vitamin C: 12.69mg (15.39%), Fiber: 3.16g (12.63%), Vitamin A: 571.25IU (11.43%), Manganese: 0.21mg (10.68%), Folate: 42.15µg (10.54%), Vitamin B6: 0.18mg (9.19%), Potassium: 294.58mg (8.42%), Magnesium: 32.9mg (8.23%), Phosphorus: 73.37mg (7.34%), Vitamin B1: 0.11mg (7.11%), Vitamin B3: 1.38mg (6.9%), Vitamin B2: 0.11mg (6.6%), Iron: 0.98mg (5.45%), Zinc: 0.54mg (3.63%), Copper: 0.07mg (3.5%), Vitamin B5: 0.31mg (3.09%), Vitamin E: 0.41mg (2.72%), Calcium: 25.97mg (2.6%), Selenium: 0.87µg (1.25%)