



Green Beans Gremolata

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



52 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 2 garlic cloves minced
- ☐ 14 ounce green beans whole frozen
- ☐ 1 tablespoon lemon rind grated
- ☐ 1 tablespoon butter light softened
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt

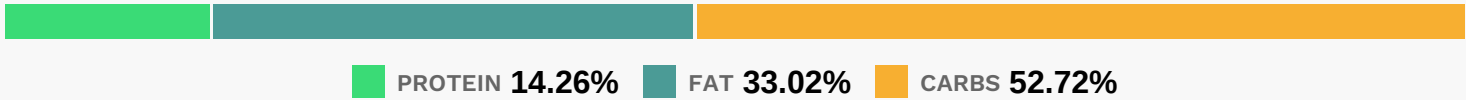
Equipment

☐ bowl

Directions

- ☐ Steam beans, covered, 7 minutes or until crisp-tender.
- ☐ Transfer to a large serving bowl.
- ☐ Add butter and remaining 5 ingredients, and toss gently.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:2.12, Inflammation Score:-7, Nutrition Score:9.1765218739924%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 52.04kcal (2.6%), Fat: 2.18g (3.35%), Saturated Fat: 1.26g (7.85%), Carbohydrates: 7.82g (2.61%), Net Carbohydrates: 4.87g (1.77%), Sugar: 3.33g (3.7%), Cholesterol: 3.71mg (1.24%), Sodium: 154.03mg (6.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.23%), Vitamin K: 75.76µg (72.15%), Vitamin C: 17.17mg (20.81%), Vitamin A: 913.78IU (18.28%), Manganese: 0.25mg (12.55%), Fiber: 2.95g (11.81%), Folate: 36.07µg (9.02%), Vitamin B6: 0.16mg (8.17%), Iron: 1.23mg (6.83%), Magnesium: 26.69mg (6.67%), Potassium: 232.2mg (6.63%), Vitamin B2: 0.11mg (6.5%), Vitamin B1: 0.09mg (5.83%), Calcium: 46.24mg (4.62%), Phosphorus: 42.63mg (4.26%), Copper: 0.08mg (3.91%), Vitamin B3: 0.77mg (3.86%), Vitamin E: 0.48mg (3.22%), Vitamin B5: 0.25mg (2.46%), Zinc: 0.29mg (1.94%), Selenium: 0.86µg (1.23%)