



Green Beans Two Ways

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



104 kcal

SIDE DISH

Ingredients

- 1 clove garlic minced (large)
- 2.5 pounds green beans
- 1 teaspoon lemon zest fresh finely grated
- 0.8 cup chicken broth low-sodium
- 0.5 teaspoon orange zest fresh finely grated
- 8 servings pepper freshly ground
- 0.8 teaspoon rosemary chopped
- 8 servings salt

- 2 tablespoons tarragon chopped
- 4 tablespoons butter unsalted

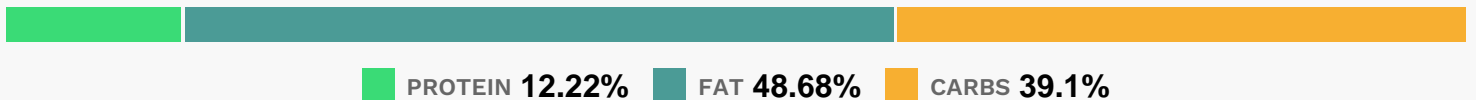
Equipment

- bowl
- frying pan

Directions

- In a small bowl, combine the tarragon, rosemary, lemon zest and orange zest. Season the gremolata with salt and pepper.
- In a large skillet, cook the garlic in the butter over moderately high heat until just fragrant, about 1 minute.
- Add the beans, toss to coat and cook for 2 minutes.
- Add the chicken broth, cover tightly and bring to a boil. Cook until the beans are crisp-tender, about 3 minutes.
- Remove the lid and cook, tossing occasionally, until the broth is nearly evaporated and the beans are tender, about 4 minutes longer. For Kids
- Transfer half of the beans to a bowl and season with salt and pepper. For Adults
- Add the gremolata to the beans in the skillet and toss until fragrant. Stir in the orange and lemon juices and transfer the green beans to a bowl.
- Serve right away.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:3.38, Inflammation Score:-8, Nutrition Score:11.51608699301%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.64mg,

Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 104.01kcal (5.2%), Fat: 6.26g (9.63%), Saturated Fat: 3.74g (23.39%), Carbohydrates: 11.31g (3.77%), Net Carbohydrates: 7.31g (2.66%), Sugar: 4.71g (5.23%), Cholesterol: 15.05mg (5.02%), Sodium: 210.89mg (9.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.07%), Vitamin K: 61.61µg (58.68%), Vitamin A: 1228.27IU (24.57%), Manganese: 0.47mg (23.29%), Vitamin C: 18.75mg (22.73%), Fiber: 4g (15.99%), Folate: 52.1µg (13.02%), Vitamin B6: 0.25mg (12.5%), Iron: 2.1mg (11.64%), Potassium: 377.13mg (10.78%), Vitamin B2: 0.18mg (10.63%), Magnesium: 42.25mg (10.56%), Vitamin B1: 0.12mg (8.16%), Calcium: 76.39mg (7.64%), Vitamin B3: 1.51mg (7.55%), Phosphorus: 68.52mg (6.85%), Copper: 0.13mg (6.25%), Vitamin E: 0.75mg (4.97%), Vitamin B5: 0.33mg (3.32%), Zinc: 0.44mg (2.96%), Selenium: 1.06µg (1.51%)