



Green Beans with Almond-and-Lemon Brown Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



188 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds unsalted chopped
- ☐ 1 pound green beans trimmed
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 4 tablespoons butter unsalted

Equipment

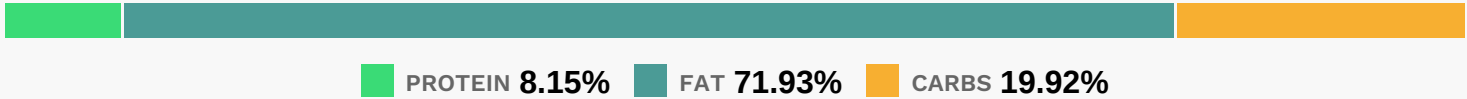
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the green beans and cook until just tender, 4 to 6 minutes.
- ☐ Drain and transfer to a serving bowl.Meanwhile, brown the butter: Melt the butter in a skillet or small saucepan over medium heat. Swirl or stir the butter with a wooden spoon as it starts to foam and sputter.
- ☐ Remove the butter from the heat as soon as it begins to turn golden brown and smells nutty, about 1 minute..
- ☐ Add the lemon juice, almonds, and salt. Swirl skillet over heat for 30 seconds more to toast the almonds. Spoon the mixture over the green beans.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:2.31, Inflammation Score:-7, Nutrition Score:11.263478207847%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg 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: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 187.83kcal (9.39%), Fat: 16.07g (24.72%), Saturated Fat: 7.59g (47.43%), Carbohydrates: 10.02g (3.34%), Net Carbohydrates: 5.83g (2.12%), Sugar: 4.16g (4.62%), Cholesterol: 30.1mg (10.03%), Sodium: 153.8mg (6.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.2%), Vitamin K: 49.74µg (47.37%), Vitamin A: 1132.55IU (22.65%), Manganese: 0.45mg (22.52%), Vitamin E: 3.08mg (20.54%), Vitamin C: 14.8mg (17.94%), Fiber: 4.19g (16.75%), Vitamin B2: 0.22mg (13.23%), Magnesium: 52.91mg (13.23%), Folate: 42.27µg (10.57%), Phosphorus: 89.64mg (8.96%), Potassium: 310.75mg (8.88%), Vitamin B6: 0.17mg (8.69%), Copper: 0.17mg (8.65%), Iron: 1.51mg (8.36%), Vitamin B1: 0.11mg (7.51%), Calcium: 69.6mg (6.96%), Vitamin B3: 1.16mg (5.82%), Zinc: 0.57mg (3.77%), Vitamin B5: 0.32mg (3.16%), Selenium: 1.19µg (1.7%), Vitamin D: 0.21µg (1.4%)