



Green Beans with Almonds and Thyme

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



115 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter ()
- ☐ 1 Tbsp dijon mustard
- ☐ 2 lbs green beans fresh trimmed ()
- ☐ 2 Tbsp thyme leaves fresh chopped
- ☐ 1 teaspoon garlic salt
- ☐ 0.3 cup slivered almonds lightly toasted

Equipment

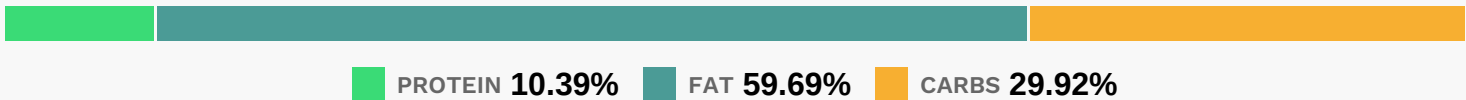
- ☐ bowl

- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Cook the green beans in a large pot of boiling salted water until just crisp-tender, about 5 minutes.
- ☐ Drain the beans and transfer them to a large bowl of ice water, cooling them completely. (The ice water will shock the beans into a vibrant green color.)
- ☐ Drain the beans well. At this point you can make the beans a day ahead and store in refrigerator. Alternatively you can steam the beans for 5 minutes and proceed directly to the skillet.2 Melt the butter in a large, heavy skillet over medium high heat.
- ☐ Whisk in half of the fresh thyme (1 Tbsp), the Dijon mustard and garlic salt into the butter.
- ☐ Add the beans to the skillet and toss until heated through, about 4 minutes.
- ☐ Transfer to a serving bowl.
- ☐ Sprinkle with toasted almonds and the remaining 1 Tbsp of thyme.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:2.36, Inflammation Score:-9, Nutrition Score:10.181739069197%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 114.98kcal (5.75%), Fat: 8.34g (12.83%), Saturated Fat: 3.89g (24.29%), Carbohydrates: 9.41g (3.14%), Net Carbohydrates: 5.46g (1.98%), Sugar: 3.92g (4.36%), Cholesterol: 15.25mg (5.08%), Sodium: 363.93mg (15.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.53%), Vitamin K: 49.29µg (46.94%), Vitamin A: 1044.24IU (20.88%), Vitamin C: 16.64mg (20.17%), Manganese: 0.39mg (19.32%), Fiber: 3.95g (15.8%), Vitamin E: 1.79mg (11.92%), Magnesium: 44.35mg (11.09%), Vitamin B2: 0.18mg (10.65%), Folate: 40.53µg (10.13%), Iron: 1.67mg (9.3%), Vitamin B6: 0.17mg (8.68%), Potassium: 287.49mg (8.21%), Vitamin B1: 0.11mg (7.13%), Phosphorus: 70.32mg (7.03%), Copper: 0.14mg (6.8%), Calcium: 64.21mg (6.42%), Vitamin B3: 1.04mg (5.2%), Zinc: 0.46mg (3.09%), Vitamin B5: 0.3mg (2.97%), Selenium: 1.57µg (2.25%)