



Green Beans with Brown Butter and Pine Nuts



Vegetarian



Gluten Free

READY IN



13 min.

SERVINGS



8

CALORIES



194 kcal

SIDE DISH

Ingredients

- ☐ 1 stick butter
- ☐ 1 teaspoon garlic crushed
- ☐ 2 pound cut green beans frozen
- ☐ 0.5 cup pinenuts
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 2 tablespoons water

Equipment

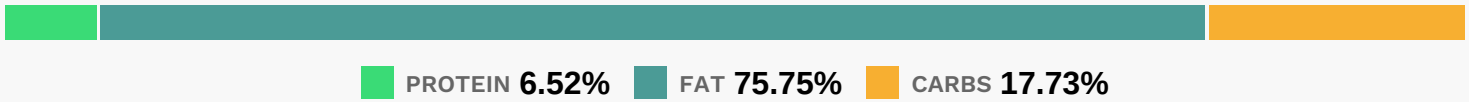
- ☐ bowl

- ☐ frying pan
- ☐ microwave

Directions

- ☐ Place green beans with 2 tablespoons of water in a microwave-safe bowl. Cover and cook for 6 to 7 minutes.
- ☐ Meanwhile, melt butter in a large skillet over medium low heat. As the butter bubbles it will start to turn brown and give off a nutty aroma. Once it has reached a light brown color, add garlic, cooked and drained green beans and pine nuts. Toss to combine and saute for 1 minute until heated through. Season, to taste, with salt and pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:2.28, Inflammation Score:-7, Nutrition Score:11.836956523035%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 194.02kcal (9.7%), Fat: 17.48g (26.89%), Saturated Fat: 7.73g (48.33%), Carbohydrates: 9.21g (3.07%), Net Carbohydrates: 5.8g (2.11%), Sugar: 4.01g (4.46%), Cholesterol: 30.37mg (10.12%), Sodium: 98.07mg (4.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.77%), Vitamin K: 54.47µg (51.87%), Manganese: 1.01mg (50.33%), Vitamin A: 1138.46IU (22.77%), Vitamin C: 14.02mg (16.99%), Fiber: 3.41g (13.63%), Magnesium: 50.11mg (12.53%), Vitamin E: 1.58mg (10.54%), Folate: 40.74µg (10.19%), Copper: 0.19mg (9.63%), Phosphorus: 95.73mg (9.57%), Iron: 1.65mg (9.19%), Vitamin B6: 0.17mg (8.66%), Potassium: 295.86mg (8.45%), Vitamin B2: 0.14mg (8.38%), Vitamin B1: 0.13mg (8.35%), Vitamin B3: 1.21mg (6.06%), Zinc: 0.83mg (5.57%), Calcium: 47.93mg (4.79%), Vitamin B5: 0.3mg (3.01%), Selenium: 0.94µg (1.34%)