



Green Beans with Browned Butter



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



81 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons vegetable oil (do not use margarine or vegetable oil spreads)
- ☐ 0.8 lb green beans fresh cut in half
- ☐ 1 teaspoon lemon zest grated
- ☐ 2 tablespoons pecans chopped

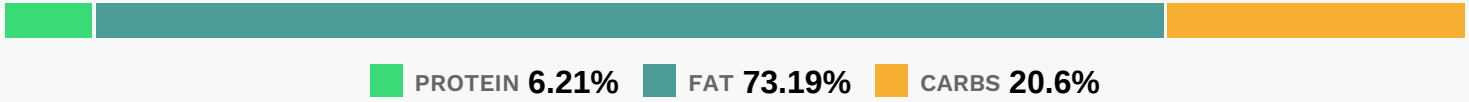
Equipment

- ☐ sauce pan

Directions

- ☐ In 2-quart saucepan, place beans in 1 inch of water.
- ☐ Heat to boiling. Boil uncovered 6 to 8 minutes or until crisp-tender (they shouldn't be "squeaky" when you bite into one); drain. Keep warm.
- ☐ Meanwhile, in 1-quart saucepan, melt butter over low heat. Be careful not to let butter burn or it will taste bitter. Stir in pecans.
- ☐ Heat, stirring constantly, until butter is golden brown. (If bottom of saucepan is dark, it may be difficult to see the difference between brown butter and burnt butter. Try spooning a little of the butter onto a white plate to see the color more clearly.) Immediately remove from heat.
- ☐ Pour butter mixture over beans; toss to coat.
- ☐ Sprinkle with lemon peel.

Nutrition Facts



Properties

Glycemic Index:9.33, Glycemic Load:1.13, Inflammation Score:-4, Nutrition Score:5.1800000019695%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 80.84kcal (4.04%), Fat: 7.06g (10.86%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 4.47g (1.49%), Net Carbohydrates: 2.58g (0.94%), Sugar: 1.99g (2.22%), Cholesterol: 0mg (0%), Sodium: 3.42mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.7%), Vitamin K: 32.83µg (31.27%), Manganese: 0.27mg (13.62%), Vitamin C: 7.38mg (8.95%), Vitamin A: 393.26IU (7.87%), Fiber: 1.89g (7.54%), Folate: 19.49µg (4.87%), Vitamin B1: 0.07mg (4.58%), Magnesium: 18.26mg (4.56%), Vitamin B6: 0.09mg (4.38%), Vitamin E: 0.65mg (4.34%), Copper: 0.08mg (3.97%), Potassium: 133.84mg (3.82%), Vitamin B2: 0.06mg (3.74%), Iron: 0.67mg (3.73%), Phosphorus:

30.82mg (3.08%), Calcium: 23.76mg (2.38%), Vitamin B3: 0.46mg (2.28%), Zinc: 0.29mg (1.92%), Vitamin B5: 0.16mg (1.57%)