



Green Beans with Crisp Meyer Lemon Bread Crumbs



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 0.1 tsp pepper black freshly ground
- ☐ 2 cups coarse ciabatta bread crumbs fresh
- ☐ 2.5 pounds green beans ends trimmed
- ☐ 0.1 tsp kosher salt
- ☐ 2 small lemon zest shredded finely
- ☐ 1 teaspoon meyer lemon juice fresh
- ☐ 0.3 cup olive oil extra-virgin divided

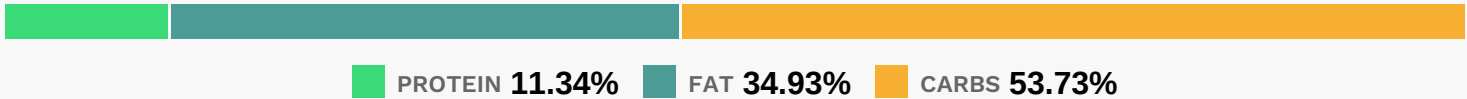
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ steamer basket

Directions

- ☐ In a large frying pan over medium heat, cook crumbs in 2 tbsp. oil, stirring, 5 minutes. Stir in zest and 1/8 tsp. each salt and pepper. Cook and stir until golden, 5 more minutes.
- ☐ Pour into a bowl.
- ☐ In a large pot fitted with a steamer basket, steam beans over 1 in. boiling water, stirring once, 7 to 10 minutes.
- ☐ Combine 2 tbsp. oil with lemon juice and salt and pepper to taste.
- ☐ Drain beans, toss with dressing, and pour into a shallow bowl. Top with crumbs; serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.35, Glycemic Load:2.23, Inflammation Score:-7, Nutrition Score:11.699565151463%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg 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: 168.44kcal (8.42%), Fat: 6.8g (10.46%), Saturated Fat: 1.06g (6.64%), Carbohydrates: 23.52g (7.84%), Net Carbohydrates: 19.47g (7.08%), Sugar: 5.05g (5.62%), Cholesterol: 0mg (0%), Sodium: 194.11mg (8.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.93%), Vitamin K: 53.48µg (50.93%), Manganese: 0.45mg

(22.34%), Vitamin B1: 0.3mg (20.14%), Vitamin C: 14.13mg (17.13%), Fiber: 4.05g (16.19%), Vitamin A: 782.66IU (15.65%), Folate: 60.66µg (15.16%), Iron: 2.25mg (12.48%), Vitamin B2: 0.21mg (12.07%), Vitamin B3: 2.27mg (11.33%), Magnesium: 37.73mg (9.43%), Vitamin B6: 0.19mg (9.32%), Selenium: 6.13µg (8.75%), Vitamin E: 1.26mg (8.41%), Calcium: 81.75mg (8.18%), Potassium: 282.79mg (8.08%), Phosphorus: 78.84mg (7.88%), Copper: 0.13mg (6.69%), Zinc: 0.59mg (3.91%), Vitamin B5: 0.38mg (3.76%), Vitamin B12: 0.08µg (1.26%)