



Green Beans with Ginger Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



30 min.

SERVINGS



10

CALORIES



60 kcal

SIDE DISH

Ingredients

- ☐ 3 inch ginger fresh
- ☐ 2 pounds haricots verts trimmed
- ☐ 2 lemon zest finely grated
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons butter unsalted

Equipment

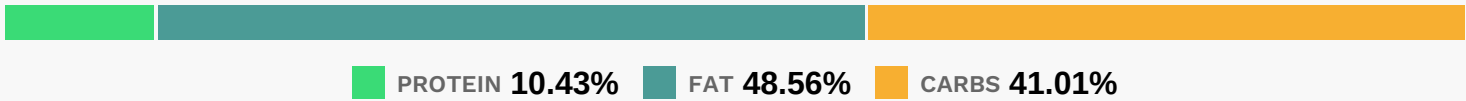
- ☐ bowl
- ☐ frying pan

- ☐ pot
- ☐ colander

Directions

- ☐ Cook beans in an 8-quart pot of boiling salted water, uncovered, until just tender, 5 to 9 minutes (depending on thickness).
- ☐ Drain beans in a colander and transfer to a large bowl of ice and cold water to stop cooking.
- ☐ Drain beans again and pat dry.
- ☐ Peel ginger and halve crosswise, then thinly slice lengthwise and cut into very thin matchsticks.
- ☐ Heat butter in a 12-inch nonstick skillet over moderate heat until foam subsides, then cook ginger, stirring, until golden, about 3 minutes.
- ☐ Add beans and cook, stirring, until just heated through, about 2 minutes.
- ☐ Remove from heat and add zest and salt, tossing to combine.

Nutrition Facts



Properties

Glycemic Index:6.1, Glycemic Load:1.83, Inflammation Score:-6, Nutrition Score:6.6378261793567%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 60.48kcal (3.02%), Fat: 3.63g (5.58%), Saturated Fat: 2.21g (13.8%), Carbohydrates: 6.89g (2.3%), Net Carbohydrates: 4.27g (1.55%), Sugar: 3.05g (3.38%), Cholesterol: 9.03mg (3.01%), Sodium: 122.52mg (5.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Vitamin K: 39.31µg (37.43%), Vitamin C: 12.72mg (15.42%), Vitamin A: 731.52IU (14.63%), Fiber: 2.62g (10.47%), Manganese: 0.2mg (10.06%), Folate: 30.45µg (7.61%), Vitamin B6: 0.13mg (6.67%), Magnesium: 23.85mg (5.96%), Potassium: 203.08mg (5.8%), Vitamin B2: 0.1mg (5.73%), Iron: 0.96mg (5.32%), Vitamin B1: 0.08mg (5.06%), Calcium: 36.59mg (3.66%), Phosphorus: 36.34mg (3.63%), Copper: 0.07mg (3.46%), Vitamin B3: 0.69mg (3.44%), Vitamin E: 0.48mg (3.19%), Vitamin B5: 0.22mg (2.17%), Zinc: 0.23mg (1.55%)