



Green Beans with Lemon



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



57 kcal

SIDE DISH

Ingredients

- ☐ 2.5 lb haricots verts trimmed thin
- ☐ 0.5 teaspoon lemon zest fresh finely grated
- ☐ 1 tablespoon butter unsalted

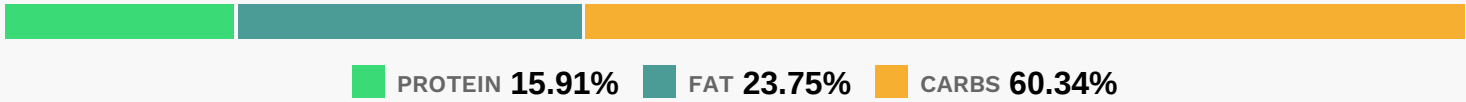
Equipment

- ☐ pot

Directions

- ☐
- Cook beans in a large pot of boiling salted water until crisp-tender, 4 to 6 minutes.
- ☐
- Drain beans and toss with butter, zest, and salt to taste.

Nutrition Facts



Properties

Glycemic Index:5.75, Glycemic Load:2.78, Inflammation Score:-7, Nutrition Score:9.8317391031786%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 56.55kcal (2.83%), Fat: 1.73g (2.66%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 9.9g (3.3%), Net Carbohydrates: 6.06g (2.2%), Sugar: 4.63g (5.14%), Cholesterol: 3.76mg (1.25%), Sodium: 8.7mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Vitamin K: 61.07µg (58.17%), Vitamin C: 17.45mg (21.16%), Vitamin A: 1021.85IU (20.44%), Fiber: 3.84g (15.36%), Manganese: 0.31mg (15.31%), Folate: 46.85µg (11.71%), Vitamin B6: 0.2mg (10.01%), Magnesium: 35.49mg (8.87%), Vitamin B2: 0.15mg (8.71%), Potassium: 299.71mg (8.56%), Iron: 1.46mg (8.12%), Vitamin B1: 0.12mg (7.76%), Phosphorus: 54.3mg (5.43%), Calcium: 53.03mg (5.3%), Vitamin B3: 1.04mg (5.21%), Copper: 0.1mg (4.91%), Vitamin E: 0.62mg (4.15%), Vitamin B5: 0.32mg (3.21%), Zinc: 0.34mg (2.28%), Selenium: 0.87µg (1.24%)