



Green Beans with Lemon



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



88 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 pounds tiny green beans
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons lemon rind grated
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 2 quarts water

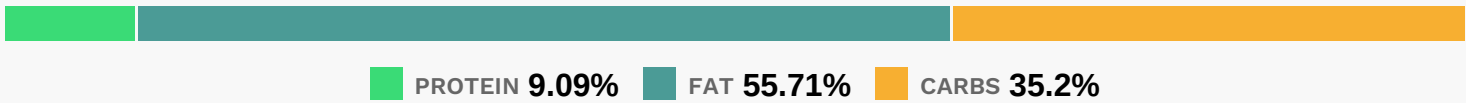
Equipment

☐ dutch oven

Directions

- ☐ Bring 2 quarts water to a boil in a Dutch oven; add salt and beans. Cook 7 to 8 minutes; drain. Plunge into ice water to stop the cooking process; drain.
- ☐ Melt butter in Dutch oven over medium heat; add beans, and saut 2 minutes.
- ☐ Add lemon rind, and saut 1 minute. Stir in lemon juice and pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.75, Glycemic Load:2.26, Inflammation Score:-7, Nutrition Score:8.6330435531943%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 87.9kcal (4.4%), Fat: 5.98g (9.2%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 5.21g (1.89%), Sugar: 3.81g (4.23%), Cholesterol: 0mg (0%), Sodium: 376.37mg (16.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.39%), Vitamin K: 49.17µg (46.83%), Vitamin A: 1038.42IU (20.77%), Vitamin C: 16.51mg (20.01%), Manganese: 0.28mg (13.89%), Fiber: 3.29g (13.16%), Folate: 38.1µg (9.53%), Vitamin B6: 0.16mg (8.23%), Magnesium: 31.7mg (7.93%), Vitamin B2: 0.12mg (7.21%), Potassium: 249.96mg (7.14%), Iron: 1.21mg (6.71%), Vitamin B1: 0.1mg (6.35%), Copper: 0.12mg (6.07%), Calcium: 54.59mg (5.46%), Vitamin E: 0.69mg (4.63%), Phosphorus: 45.45mg (4.54%), Vitamin B3: 0.84mg (4.22%), Vitamin B5: 0.27mg (2.72%), Zinc: 0.3mg (2.03%), Selenium: 0.71µg (1.01%)