



Green Beans With Lemon and Browned Garlic



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



63 kcal

SIDE DISH

Ingredients

- ☐ 3 garlic cloves minced
- ☐ 1 pound green beans trimmed
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2.5 teaspoons olive oil
- ☐ 0.1 teaspoon pepper
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup water

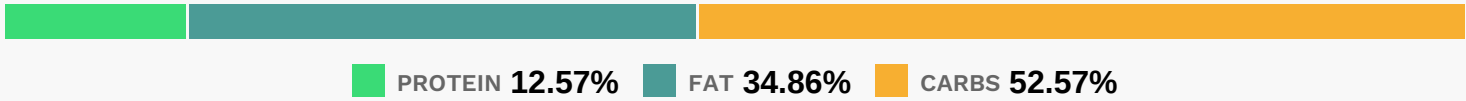
Equipment

☐ frying pan

Directions

- ☐ Bring water to a boil in a large nonstick skillet; add beans. Cook 3 minutes; drain and set aside.
- ☐ Heat oil in skillet over medium-high heat.
- ☐ Add garlic and beans, and saut 1 minute.
- ☐ Add juice, salt, and pepper; saut 1 minute.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:2.44, Inflammation Score:-6, Nutrition Score:8.6843477332074%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 63.24kcal (3.16%), Fat: 2.79g (4.29%), Saturated Fat: 0.41g (2.56%), Carbohydrates: 9.46g (3.15%), Net Carbohydrates: 6.31g (2.29%), Sugar: 4g (4.45%), Cholesterol: 0mg (0%), Sodium: 82.25mg (3.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.53%), Vitamin K: 50.41µg (48.01%), Vitamin C: 18.89mg (22.9%), Vitamin A: 783.67IU (15.67%), Manganese: 0.29mg (14.6%), Fiber: 3.16g (12.63%), Folate: 39.75µg (9.94%), Vitamin B6: 0.19mg (9.66%), Magnesium: 30.14mg (7.53%), Potassium: 260.75mg (7.45%), Vitamin B2: 0.12mg (7.19%), Iron: 1.24mg (6.87%), Vitamin B1: 0.1mg (6.68%), Vitamin E: 0.84mg (5.63%), Calcium: 48.38mg (4.84%), Phosphorus: 47.53mg (4.75%), Copper: 0.09mg (4.74%), Vitamin B3: 0.86mg (4.3%), Vitamin B5: 0.28mg (2.84%), Zinc: 0.31mg (2.06%), Selenium: 1.01µg (1.45%)