Green Beans with Lemon and Garlic

Vegetarian Gluten Free

READY IN	SERVINGS	CALORIES
ready	servings	calories
17 min.	6	121 kcal

SIDE DISH

Ingredients

- [ ] 3 tablespoons butter
- [ ] 2 large garlic cloves minced
- [ ] 2 pounds green beans ends trimmed
- [ ] 1 tablespoon lemon zest
- [ ] 1 tablespoon olive oil extra-virgin
- [ ] 1 teaspoon pepper flakes red
- [ ] 6 servings salt and pepper black freshly ground

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] pot

Directions

- [ ] Watch how to make this recipe.
- [ ] Blanch green beans in a large stock pot of well salted boiling water until bright green in color and tender crisp, roughly 2 minutes.
- [ ] Drain and shock in a bowl of ice water to stop from cooking.
- [ ] Heat a large heavy skillet over medium heat.
- [ ] Add the oil and the butter.
- [ ] Add the garlic and red pepper flakes and saute until fragrant, about 30 seconds.
- [ ] Add the beans and continue to saute until coated in the butter and heated through, about 5 minutes.
- [ ] Add lemon zest and season with salt and pepper.

Nutrition Facts

PROTEIN **8.94%** FAT **57.06%** CARBS **34%**

Properties

Glycemic Index:26.33, Glycemic Load:3.08, Inflammation Score:-8, Nutrition Score:11.385652322484%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 120.84kcal (6.04%), Fat: 8.4g (12.93%), Saturated Fat: 4.01g (25.04%), Carbohydrates: 11.26g (3.75%), Net Carbohydrates: 6.91g (2.51%), Sugar: 5.01g (5.57%), Cholesterol: 15.05mg (5.02%), Sodium: 59.85mg (2.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Vitamin K: 67.44µg (64.23%), Vitamin A: 1318.16IU (26.36%), Vitamin C: 20.05mg (24.3%), Manganese: 0.36mg (18.09%), Fiber: 4.35g (17.4%), Folate: 50.38µg (12.59%), Vitamin B6: 0.23mg (11.74%), Magnesium: 39.01mg (9.75%), Vitamin B2: 0.16mg (9.7%), Potassium: 334.17mg (9.55%), Iron: 1.66mg (9.25%), Vitamin B1: 0.13mg (8.52%), Vitamin E: 1.25mg (8.33%), Calcium: 62.34mg

(6.23%), Phosphorus: 61.94mg (6.19%), Vitamin B3: 1.16mg (5.82%), Copper: 0.11mg (5.64%), Vitamin B5: 0.36mg (3.61%), Zinc: 0.4mg (2.66%), Selenium: 1.2µg (1.71%)