



Green Beans with Lemon and Pine Nuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



73 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 1.5 lb green beans trimmed
- ☐ 1.5 teaspoons lemon zest fresh finely grated
- ☐ 4 teaspoons olive oil extra virgin extra-virgin
- ☐ 0.3 cup pinenuts toasted

Equipment

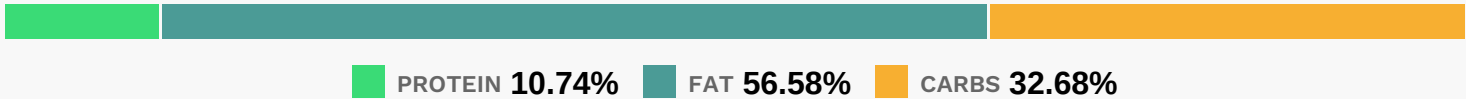
- ☐ bowl
- ☐ paper towels

- ☐ sauce pan
- ☐ ziploc bags
- ☐ colander

Directions

- ☐ Cook beans in a 4-quart saucepan of boiling salted water until just tender, about 5 minutes, then drain well in a colander.
- ☐ Transfer to a bowl and toss with nuts, parsley, zest, oil, and salt and pepper to taste.
- ☐ Green beans can be cut 6 hours ahead and chilled, wrapped in dampened paper towels in a sealed plastic bag.

Nutrition Facts



Properties

Glycemic Index:9.75, Glycemic Load:1.68, Inflammation Score:-6, Nutrition Score:8.626086888106%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 72.97kcal (3.65%), Fat: 5.08g (7.82%), Saturated Fat: 0.53g (3.29%), Carbohydrates: 6.6g (2.2%), Net Carbohydrates: 4.08g (1.48%), Sugar: 2.95g (3.28%), Cholesterol: 0mg (0%), Sodium: 5.81mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.34%), Vitamin K: 56.45µg (53.76%), Manganese: 0.56mg (27.83%), Vitamin C: 12.22mg (14.82%), Vitamin A: 672.49IU (13.45%), Fiber: 2.53g (10.1%), Magnesium: 32.41mg (8.1%), Folate: 31.07µg (7.77%), Vitamin E: 1.04mg (6.92%), Iron: 1.19mg (6.59%), Vitamin B6: 0.13mg (6.27%), Potassium: 210.8mg (6.02%), Vitamin B2: 0.1mg (5.84%), Copper: 0.12mg (5.81%), Vitamin B1: 0.09mg (5.75%), Phosphorus: 57.2mg (5.72%), Vitamin B3: 0.82mg (4.12%), Calcium: 34.05mg (3.4%), Zinc: 0.49mg (3.25%), Vitamin B5: 0.21mg (2.1%)