



WHATSheATE



Green Beans with Lemon and Walnuts



Vegetarian



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



79 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 1 pound green beans ends trimmed
- ☐ 1 juice of lemon
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup walnuts toasted

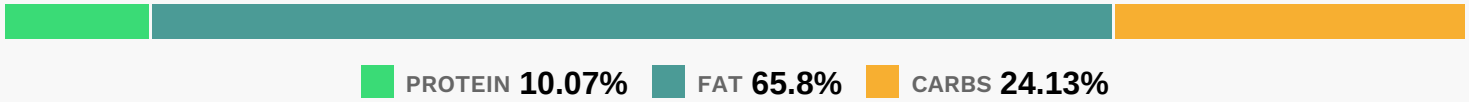
Equipment

- ☐ pot
- ☐ steamer basket

Directions

- ☐ Fill a medium pot with 1 in. water, insert a steamer basket, and bring to a boil, covered. Put beans in steamer and cover. Steam until bright green and tender, 8 to 10 minutes.
- ☐ Drain.
- ☐ Put beans on a serving plate.
- ☐ Drizzle with butter and lemon juice.
- ☐ Sprinkle with zest, salt, and walnuts.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:1.22, Inflammation Score:-5, Nutrition Score:5.7339130505596%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 78.77kcal (3.94%), Fat: 6.32g (9.72%), Saturated Fat: 1.38g (8.61%), Carbohydrates: 5.21g (1.74%), Net Carbohydrates: 3.18g (1.16%), Sugar: 2.13g (2.37%), Cholesterol: 3.76mg (1.25%), Sodium: 160.18mg (6.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.35%), Vitamin K: 24.7µg (23.52%), Manganese: 0.37mg (18.65%), Vitamin C: 8.46mg (10.26%), Vitamin A: 436.64IU (8.73%), Fiber: 2.03g (8.13%), Copper: 0.16mg (7.81%), Folate: 26.68µg (6.67%), Magnesium: 25.99mg (6.5%), Vitamin B6: 0.12mg (6.05%), Vitamin B1: 0.07mg (4.83%), Phosphorus: 47.57mg (4.76%), Potassium: 156.2mg (4.46%), Iron: 0.8mg (4.45%), Vitamin B2: 0.07mg (4.18%), Calcium: 28.88mg (2.89%), Vitamin B3: 0.5mg (2.51%), Zinc: 0.37mg (2.44%), Vitamin E: 0.33mg (2.2%), Vitamin B5: 0.18mg (1.76%), Selenium: 0.72µg (1.03%)