



Green Beans with Lemon-Butter Breadcrumbs

 Vegetarian

READY IN



18 min.

SERVINGS



8

CALORIES



104 kcal

SIDE DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 1.5 pounds green beans fresh trimmed
- ☐ 1.5 tablespoons juice of lemon
- ☐ 1 lemon zest
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup panko bread crumbs
- ☐ 1 tablespoon sea salt divided
- ☐ 0.3 cup slivered almonds toasted

☐ 1 tablespoon butter unsalted

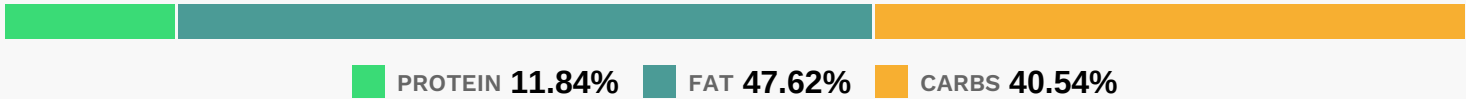
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Melt butter in a skillet over medium heat.
- ☐ Add panko; stir constantly for 2 minutes or until golden.
- ☐ Remove from heat. Stir in zest and 1/4 teaspoon salt.
- ☐ Fill a large saucepan 2/3 full of water; bring to a boil.
- ☐ Add remaining 1 tablespoon salt.
- ☐ Add beans; cook 2 minutes. Fill a large bowl 2/3 full of ice water.
- ☐ Transfer beans to ice water to cool; drain.
- ☐ Add oil to a skillet over medium heat.
- ☐ Add beans; saut, stirring constantly, 3 minutes or until heated.
- ☐ Add lemon juice and almonds; saut 1 minute. Season with pepper.
- ☐ Add panko topping; serve.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:1.72, Inflammation Score:-6, Nutrition Score:8.5926085989112%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.41mg, Hesperetin:

0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 103.88kcal (5.19%), Fat: 5.91g (9.1%), Saturated Fat: 1.42g (8.9%), Carbohydrates: 11.33g (3.78%), Net Carbohydrates: 8.1g (2.95%), Sugar: 3.42g (3.8%), Cholesterol: 3.76mg (1.25%), Sodium: 918.7mg (39.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Vitamin K: 38.28µg (36.46%), Manganese: 0.35mg (17.68%), Vitamin C: 12.43mg (15.07%), Fiber: 3.23g (12.9%), Vitamin A: 631.7IU (12.63%), Vitamin E: 1.8mg (12.03%), Vitamin B2: 0.16mg (9.66%), Folate: 36.79µg (9.2%), Magnesium: 36.34mg (9.09%), Vitamin B1: 0.13mg (8.98%), Iron: 1.35mg (7.5%), Vitamin B6: 0.14mg (6.79%), Potassium: 229.51mg (6.56%), Phosphorus: 64.14mg (6.41%), Copper: 0.12mg (6.14%), Vitamin B3: 1.17mg (5.84%), Calcium: 56.46mg (5.65%), Selenium: 2.14µg (3.06%), Zinc: 0.43mg (2.9%), Vitamin B5: 0.25mg (2.53%)