



Green Beans with Lemon-Dill Butter



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



105 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 8 servings garnish: dill sprigs fresh
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 2 pounds green beans fresh
- ☐ 2 garlic cloves cut into thin strips
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 1.5 teaspoons salt divided

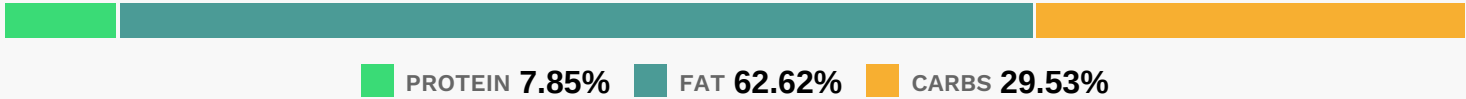
Equipment

☐ sauce pan

Directions

- ☐ Cook green beans and 1 teaspoon salt in boiling water to cover in a large saucepan 2 minutes or until crisp-tender; drain and remove green beans.
- ☐ Melt butter in a large saucepan over medium heat; add garlic, and saut 30 seconds. Stir in remaining 1/2 teaspoon salt, lemon rind, and lemon juice.
- ☐ Add green beans and chopped dill, tossing to coat.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:2.3, Inflammation Score:-7, Nutrition Score:8.4278261415336%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 104.67kcal (5.23%), Fat: 7.87g (12.11%), Saturated Fat: 1.64g (10.23%), Carbohydrates: 8.35g (2.78%), Net Carbohydrates: 5.26g (1.91%), Sugar: 3.74g (4.16%), Cholesterol: 0mg (0%), Sodium: 532.26mg (23.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.44%), Vitamin K: 48.77µg (46.45%), Vitamin A: 1132.55IU (22.65%), Vitamin C: 14.86mg (18.01%), Manganese: 0.26mg (13.03%), Fiber: 3.1g (12.39%), Folate: 38.03µg (9.51%), Vitamin B6: 0.17mg (8.56%), Magnesium: 29.01mg (7.25%), Vitamin B2: 0.12mg (7.23%), Potassium: 248.93mg (7.11%), Iron: 1.2mg (6.65%), Vitamin B1: 0.1mg (6.39%), Vitamin E: 0.76mg (5.07%), Calcium: 46.98mg (4.7%), Phosphorus: 46.63mg (4.66%), Vitamin B3: 0.84mg (4.22%), Copper: 0.08mg (4.07%), Vitamin B5: 0.27mg (2.7%), Zinc: 0.28mg (1.9%), Selenium: 0.79µg (1.13%)