



Green Beans with Lemon-Herb Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 12 oz green beans fresh
- ☐ 1 slices optional: lemon
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 teaspoon marjoram dried
- ☐ 0.3 teaspoon salt

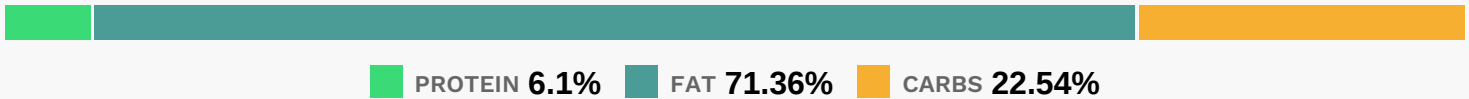
Equipment

- ☐ sauce pan

Directions

- ☐ Cook green beans as directed on package; drain.
- ☐ Meanwhile, in 2-quart saucepan, heat butter over medium heat until melted and beginning to brown; immediately remove from heat. Stir in lemon peel, marjoram and salt.
- ☐ Pour over beans; toss to coat.
- ☐ Garnish with lemon slices.

Nutrition Facts



Properties

Glycemic Index:30.38, Glycemic Load:1.7, Inflammation Score:-6, Nutrition Score:6.4130435482315%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 102.46kcal (5.12%), Fat: 8.71g (13.4%), Saturated Fat: 5.44g (34%), Carbohydrates: 6.19g (2.06%), Net Carbohydrates: 3.78g (1.38%), Sugar: 2.84g (3.16%), Cholesterol: 22.58mg (7.53%), Sodium: 218.04mg (9.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.35%), Vitamin K: 37.46µg (35.68%), Vitamin A: 851.88IU (17.04%), Vitamin C: 11.96mg (14.5%), Fiber: 2.41g (9.63%), Manganese: 0.19mg (9.3%), Folate: 28.71µg (7.18%), Vitamin B6: 0.12mg (6.14%), Vitamin B2: 0.09mg (5.46%), Magnesium: 21.78mg (5.44%), Potassium: 185.6mg (5.3%), Iron: 0.91mg (5.08%), Vitamin B1: 0.07mg (4.76%), Vitamin E: 0.6mg (3.98%), Calcium: 35.7mg (3.57%), Phosphorus: 35.26mg (3.53%), Vitamin B3: 0.63mg (3.17%), Copper: 0.06mg (3.01%), Vitamin B5: 0.21mg (2.08%), Zinc: 0.22mg (1.45%)