



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 teaspoon lemon zest grated
- ☐ 1 teaspoon marjoram dried
- ☐ 0.3 teaspoon salt

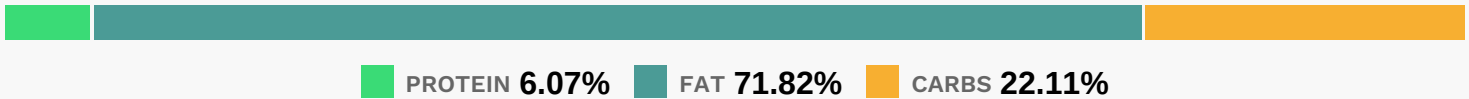
Equipment

- ☐ 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:24, Glycemic Load:1.67, Inflammation Score:-6, Nutrition Score:6.3304348380669%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 101.95kcal (5.1%), Fat: 8.71g (13.39%), Saturated Fat: 5.44g (34%), Carbohydrates: 6.03g (2.01%), Net Carbohydrates: 3.67g (1.33%), Sugar: 2.8g (3.11%), Cholesterol: 22.58mg (7.53%), Sodium: 218.01mg (9.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.31%), Vitamin K: 37.46µg (35.68%), Vitamin A: 851.5IU (17.03%), Vitamin C: 11.03mg (13.37%), Fiber: 2.36g (9.44%), Manganese: 0.19mg (9.27%), Folate: 28.51µg (7.13%), Vitamin B6: 0.12mg (6.07%), Vitamin B2: 0.09mg (5.44%), Magnesium: 21.64mg (5.41%), Potassium: 183.18mg (5.23%), Iron: 0.9mg (5.02%), Vitamin B1: 0.07mg (4.71%), Vitamin E: 0.59mg (3.96%), Calcium: 35.25mg (3.52%), Phosphorus: 34.97mg (3.5%), Vitamin B3: 0.63mg (3.16%), Copper: 0.06mg (2.98%), Vitamin B5: 0.2mg (2.05%), Zinc: 0.22mg (1.44%)