



Green Beans with Lemon-Thyme Breadcrumbs



Vegetarian



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



130 kcal

SIDE DISH

Ingredients

- ☐ 8 servings pepper black to taste
- ☐ 1.5 pound green beans fresh
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 8 servings kosher salt
- ☐ 1.5 tablespoon juice of lemon fresh
- ☐ 1 lemon zest
- ☐ 0.5 cup slivered almonds toasted
- ☐ 5 tablespoon butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ In a small skillet set over medium heat, melt 2 tablespoons of the butter.
- ☐ Add the panko and toast, stirring constantly, for about 3 minutes until golden brown and crisp.
- ☐ Remove from the heat and stir in the zest, thyme, and a pinch of salt. Set aside. Fill a large saucepan 2/3 full of water and bring it to a boil over high heat.
- ☐ Add 1 tablespoon of salt.
- ☐ Add the beans and cook for about 2 minutes, until bright green and still quite crisp. Meanwhile, fill a large bowl 2/3 full of ice water. Using tongs or a slotted spoon, immediately transfer the beans to the ice water.
- ☐ Let cool for 2 minutes, then drain thoroughly and blot dry with paper towels. Set aside. In a 12-inch skillet set over medium-high heat, melt the remaining 3 tablespoons of butter, swirling to coat the pan.
- ☐ Add the green beans and sauté, stirring constantly for about 3 minutes until the beans are heated through and crisp-tender.
- ☐ Add the lemon juice and almonds and sauté for about 1 more minute. Season with salt and pepper to taste.
- ☐ Transfer to a serving dish.
- ☐ Sprinkle with the lemon-thyme breadcrumbs and serve.

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:1.76, Inflammation Score:-7, Nutrition Score:8.6369565414346%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg 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: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 129.66kcal (6.48%), Fat: 10.67g (16.41%), Saturated Fat: 4.8g (29.99%), Carbohydrates: 7.83g (2.61%), Net Carbohydrates: 4.54g (1.65%), Sugar: 3.17g (3.53%), Cholesterol: 18.81mg (6.27%), Sodium: 200.04mg (8.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.21%), Vitamin K: 37.35µg (35.57%), Manganese: 0.36mg (17.81%), Vitamin A: 818.53IU (16.37%), Vitamin C: 12.83mg (15.55%), Vitamin E: 2.29mg (15.25%), Fiber: 3.29g (13.15%), Magnesium: 40.52mg (10.13%), Vitamin B2: 0.17mg (10.04%), Folate: 32.09µg (8.02%), Potassium: 238.02mg (6.8%), Phosphorus: 67.62mg (6.76%), Copper: 0.13mg (6.68%), Vitamin B6: 0.13mg (6.66%), Iron: 1.19mg (6.62%), Vitamin B1: 0.09mg (5.69%), Calcium: 54.47mg (5.45%), Vitamin B3: 0.88mg (4.42%), Zinc: 0.43mg (2.88%), Vitamin B5: 0.24mg (2.41%), Selenium: 0.89µg (1.27%)