



Green Beans with Lemon Vinaigrette and Almonds



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup almonds toasted sliced
- ☐ 1.5 pounds green beans trimmed halved
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 lemon zest
- ☐ 2 tablespoons olive oil extra-virgin

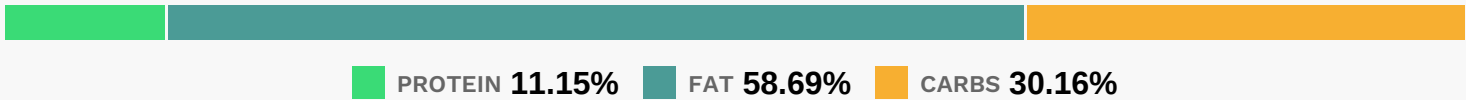
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ For the vinaigrette, combine the lemon juice, olive oil, lemon zest and salt and pepper to taste in a small bowl.
- ☐ Whisk until combined. Set aside.
- ☐ In a large pot, bring 6 quarts of salted water to a boil.
- ☐ Add the green beans and cook for 4 minutes.
- ☐ Drain and place the beans in a serving dish. Toss with the vinaigrette and almonds and serve.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:2.31, Inflammation Score:-7, Nutrition Score:10.82478266177%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Hesperetin: 0.72mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Isorhamnetin: 0.2mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 122.62kcal (6.13%), Fat: 8.76g (13.48%), Saturated Fat: 1g (6.22%), Carbohydrates: 10.13g (3.38%), Net Carbohydrates: 5.96g (2.17%), Sugar: 4.2g (4.67%), Cholesterol: 0mg (0%), Sodium: 7.1mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.49%), Vitamin K: 51.73µg (49.27%), Manganese: 0.43mg (21.67%), Vitamin E: 3.11mg (20.74%), Vitamin C: 17.06mg (20.68%), Fiber: 4.17g (16.67%), Vitamin A: 783.87IU (15.68%), Magnesium: 49.67mg (12.42%), Vitamin B2: 0.21mg (12.18%), Folate: 41.94µg (10.49%), Vitamin B6: 0.17mg (8.74%),

Potassium: 303.59mg (8.67%), Iron: 1.5mg (8.33%), Phosphorus: 80.65mg (8.06%), Copper: 0.16mg (8.01%),
Vitamin B1: 0.11mg (7.37%), Calcium: 64.71mg (6.47%), Vitamin B3: 1.12mg (5.6%), Zinc: 0.52mg (3.45%), Vitamin B5:
0.3mg (3.02%), Selenium: 1.01µg (1.45%)