



Green Beans with Preserved Lemons

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 pound green beans fresh trimmed
- 2 tablespoons olive oil extra-virgin
- 0.3 cup preserved lemons minced

Equipment

- bowl
- whisk
- pot

Directions

- Bring a large pot of water to a boil over high heat; add beans, return water to a boil, and cook 4 to 6 minutes or until beans are crisp-tender.
- Drain.
- Whisk together Preserved Lemons, olive oil, and pepper in a large bowl.
- Add hot cooked beans, and toss to coat.
- Serve hot or at room temperature.

Nutrition Facts

PROTEIN 8.25% **FAT 60.56%** **CARBS 31.19%**

Properties

Glycemic Index:19.5, Glycemic Load:2.24, Inflammation Score:-6, Nutrition Score:8.4591304789419%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 101.64kcal (5.08%), Fat: 7.3g (11.23%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 8.46g (2.82%), Net Carbohydrates: 4.89g (1.78%), Sugar: 4.17g (4.63%), Cholesterol: 0mg (0%), Sodium: 6.97mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.47%), Vitamin K: 53.18µg (50.65%), Vitamin C: 13.83mg (16.77%), Vitamin A: 783.13IU (15.66%), Fiber: 3.79g (15.15%), Manganese: 0.26mg (13.04%), Vitamin E: 1.47mg (9.83%), Folate: 37.44µg (9.36%), Vitamin B6: 0.16mg (8.01%), Magnesium: 28.56mg (7.14%), Vitamin B2: 0.12mg (6.95%), Potassium: 241mg (6.89%), Iron: 1.22mg (6.77%), Vitamin B1: 0.09mg (6.21%), Phosphorus: 43.29mg (4.33%), Calcium: 42.58mg (4.26%), Vitamin B3: 0.83mg (4.17%), Copper: 0.08mg (4%), Vitamin B5: 0.26mg (2.57%), Zinc: 0.27mg (1.82%)