



Green Beans with Spiced Walnuts

 Vegetarian  Gluten Free  Low Fod Map

READY IN



22 min.

SERVINGS



6

CALORIES



68 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 2 teaspoons butter
- 0.3 cup less-sodium chicken broth fat-free
- 1 pound green beans trimmed
- 0.1 teaspoon ground nutmeg
- 0.3 teaspoon salt
- 0.3 cup walnuts finely chopped

Equipment

frying pan

Directions

Cook beans in boiling water 5 minutes or until crisp-tender.

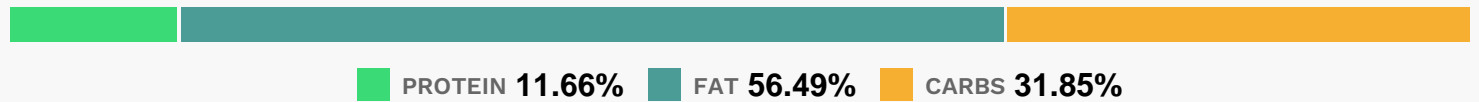
Drain and set aside.

Melt butter in a large skillet over medium heat.

Add walnuts and next 3 ingredients; cook 2 minutes or until nuts are toasted.

Add broth; cook 2 minutes or until broth is reduced by half. Stir in green beans, tossing well to coat.

Nutrition Facts



Properties

Glycemic Index:36.33, Glycemic Load:1.57, Inflammation Score:-5, Nutrition Score:6.4699999715971%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 67.97kcal (3.4%), Fat: 4.73g (7.28%), Saturated Fat: 1.2g (7.53%), Carbohydrates: 6g (2%), Net Carbohydrates: 3.61g (1.31%), Sugar: 2.62g (2.91%), Cholesterol: 3.58mg (1.19%), Sodium: 150.94mg (6.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.39%), Vitamin K: 32.82µg (31.26%), Manganese: 0.34mg (16.88%), Vitamin A: 564.53IU (11.29%), Vitamin C: 9.29mg (11.26%), Fiber: 2.39g (9.55%), Folate: 29.91µg (7.48%), Magnesium: 26.88mg (6.72%), Vitamin B6: 0.13mg (6.72%), Copper: 0.13mg (6.63%), Vitamin B1: 0.08mg (5.3%), Potassium: 184.97mg (5.28%), Iron: 0.94mg (5.22%), Vitamin B2: 0.09mg (5.21%), Phosphorus: 47.19mg (4.72%), Calcium: 33.85mg (3.38%), Vitamin B3: 0.66mg (3.32%), Vitamin E: 0.38mg (2.55%), Zinc: 0.34mg (2.25%), Vitamin B5: 0.21mg (2.12%), Selenium: 0.92µg (1.31%)