



WHATSheATE



Green Beans with Toasted Almond Gremolata



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



61 kcal

SIDE DISH

Ingredients



1 tablespoon almonds toasted sliced



0.1 teaspoon pepper black freshly ground



2 tablespoons flat-leaf parsley fresh chopped



1 garlic clove minced



1 pound green beans trimmed



1.5 teaspoons juice of lemon fresh



0.3 teaspoon lemon rind grated



1 teaspoon olive oil

☐ 0.3 teaspoon salt

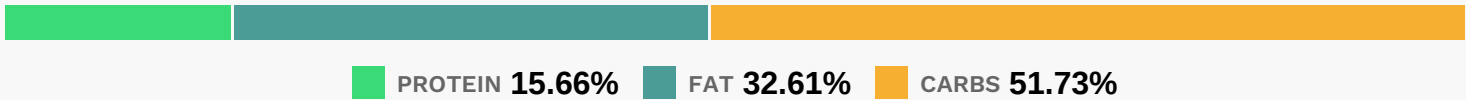
Equipment

☐ frying pan

Directions

- ☐ Steam beans, covered, 7 minutes or until crisp-tender.
- ☐ Drain and return to pan.
- ☐ Add parsley and remaining ingredients; toss gently to combine.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:2.35, Inflammation Score:-7, Nutrition Score:10.664782669233%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 60.93kcal (3.05%), Fat: 2.52g (3.88%), Saturated Fat: 0.29g (1.84%), Carbohydrates: 9.01g (3%), Net Carbohydrates: 5.52g (2.01%), Sugar: 3.88g (4.31%), Cholesterol: 0mg (0%), Sodium: 153.48mg (6.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.45%), Vitamin K: 82.28µg (78.36%), Vitamin C: 17.62mg (21.35%), Vitamin A: 951.54IU (19.03%), Manganese: 0.33mg (16.32%), Fiber: 3.49g (13.96%), Folate: 41.99µg (10.5%), Magnesium: 36.53mg (9.13%), Vitamin B2: 0.15mg (8.81%), Vitamin B6: 0.18mg (8.78%), Vitamin E: 1.27mg (8.46%), Potassium: 274.68mg (7.85%), Iron: 1.41mg (7.85%), Vitamin B1: 0.1mg (6.79%), Phosphorus: 57.69mg (5.77%),

Copper: 0.11mg (5.53%), Calcium: 53.46mg (5.35%), Vitamin B3: 0.96mg (4.79%), Vitamin B5: 0.28mg (2.83%), Zinc: 0.38mg (2.55%), Selenium: 0.9µg (1.28%)