



Green Beans with Toasted Almonds and Lemon



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



82 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 24 oz green beans fresh trimmed
- ☐ 2 large garlic cloves minced
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper

☐ 0.5 teaspoon salt

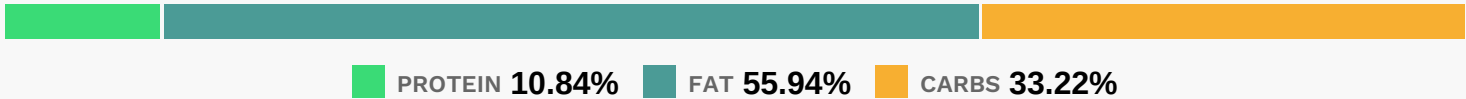
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook green beans in boiling salted water to cover 5 to 7 minutes or until crisp-tender; drain. Plunge beans into a bowl of ice water to stop the cooking process; drain.
- ☐ Heat oil in a large skillet over medium heat; add garlic, and saut 1 minute or until golden. Stir in green beans, lemon rind, salt, and pepper; saut 4 minutes or until beans are thoroughly heated.
- ☐ Add lemon juice and almonds; toss well.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:1.78, Inflammation Score:-6, Nutrition Score:7.6491305257963%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 82.25kcal (4.11%), Fat: 5.62g (8.65%), Saturated Fat: 0.68g (4.22%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 4.64g (1.69%), Sugar: 3.11g (3.46%), Cholesterol: 0mg (0%), Sodium: 150.78mg (6.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Vitamin K: 38.79µg (36.95%), Vitamin C: 13.43mg (16.28%),

Manganese: 0.29mg (14.64%), Vitamin E: 1.85mg (12.3%), Vitamin A: 587.87IU (11.76%), Fiber: 2.88g (11.51%),
Magnesium: 32.32mg (8.08%), Vitamin B2: 0.13mg (7.9%), Folate: 30.98µg (7.74%), Vitamin B6: 0.14mg (6.9%),
Potassium: 218.05mg (6.23%), Iron: 1.07mg (5.92%), Vitamin B1: 0.08mg (5.39%), Phosphorus: 52.51mg (5.25%),
Copper: 0.1mg (5.14%), Calcium: 44.55mg (4.45%), Vitamin B3: 0.78mg (3.88%), Zinc: 0.34mg (2.25%), Vitamin B5:
0.22mg (2.24%), Selenium: 0.79µg (1.12%)