



Green Beans with Toasted Almonds and Lemon

 Vegetarian  Gluten Free

READY IN



22 min.

SERVINGS



4

CALORIES



119 kcal

SIDE DISH

Ingredients

- 2 tablespoons almonds sliced
- 0.3 teaspoon pepper black freshly ground
- 1 pound green beans trimmed
- 0.3 teaspoon kosher salt
- 1 tablespoon juice of lemon fresh
- 1 tablespoon olive oil
- 1 shallots thinly sliced

- 2 teaspoons butter unsalted
- 0.5 cup water

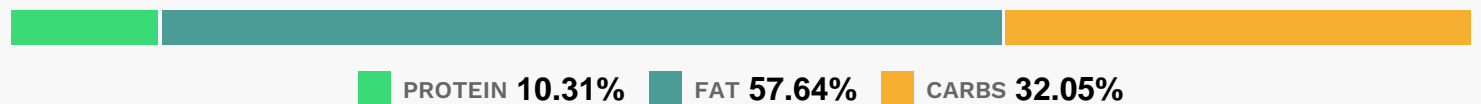
Equipment

- frying pan
- knife

Directions

- Heat a large skillet over medium heat.
- Add oil; swirl to coat.
- Add beans and shallots; cook 5 minutes, stirring frequently.
- Add 1/2 cup water; cover and cook 5 minutes or until beans are crisp-tender.
- Melt butter in a small skillet over medium heat.
- Add almonds; cook 5 minutes or until browned, stirring frequently.
- Add almond mixture, lemon juice, and remaining ingredients to bean mixture; toss well.
- Kids Can Help: For older kids who have practiced their cutting skills, let them trim the ends off the green beans with a child-safe knife. For the younger ones, teach them how to snap off the ends with their fingers.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:2.54, Inflammation Score:-7, Nutrition Score:10.209130378197%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.13mg,

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 118.61kcal (5.93%), Fat: 8.29g (12.76%), Saturated Fat: 2.02g (12.61%), Carbohydrates: 10.37g (3.46%), Net Carbohydrates: 6.44g (2.34%), Sugar: 4.5g (5%), Cholesterol: 5.38mg (1.79%), Sodium: 154.83mg (6.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.68%), Vitamin K: 51.3µg (48.86%), Manganese: 0.39mg (19.72%), Vitamin C: 15.79mg (19.13%), Vitamin A: 846.13IU (16.92%), Fiber: 3.93g (15.72%), Vitamin E: 2.32mg (15.44%), Magnesium: 43.95mg (10.99%), Folate: 42.59µg (10.65%), Vitamin B2: 0.18mg (10.46%), Vitamin B6: 0.19mg (9.52%), Potassium: 302.98mg (8.66%), Iron: 1.47mg (8.14%), Vitamin B1: 0.11mg (7.21%), Phosphorus: 71.99mg (7.2%), Copper: 0.14mg (7.14%), Calcium: 60.11mg (6.01%), Vitamin B3: 1.03mg (5.16%), Zinc: 0.46mg (3.08%), Vitamin B5: 0.31mg (3.06%), Selenium: 1µg (1.42%)