



Green Beans With Walnuts

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



187 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 2 pounds green beans fresh washed and trimmed
- 2 tablespoons parsley fresh minced
- 8 servings pepper black to taste
- 8 servings salt to taste
- 2 tablespoons walnut oil
- 1 cup walnut pieces chopped

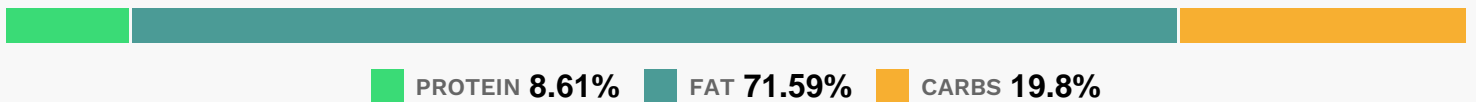
Equipment

- bowl
- frying pan
- baking sheet
- oven
- pot

Directions

- Place the walnuts on an ungreased baking sheet.
- Bake at 350 degrees F (175 degrees C) for 5 to 8 minutes.
- Cook beans in large pot of boiling salted water until just tender, about 5 minutes.
- Drain. Rinse beans with cold water, and drain well. Can be prepared 6 hours ahead.
- Let stand at room temperature.
- Melt butter or margarine with oil in heavy large skillet over high heat.
- Add beans and toss until heated through, about 4 minutes. Season with salt and pepper.
- Add walnuts and parsley and toss.
- Transfer to bowl and serve.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:2.46, Inflammation Score:-7, Nutrition Score:12.224782585126%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 187.45kcal (9.37%), Fat: 16.13g (24.82%), Saturated Fat: 3.07g (19.21%), Carbohydrates: 10.04g (3.35%), Net Carbohydrates: 5.94g (2.16%), Sugar: 4.09g (4.54%), Cholesterol: 7.53mg (2.51%), Sodium: 223.97mg (9.74%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.74%), Vitamin K: 66.49µg (63.32%), Manganese: 0.76mg (37.95%), Vitamin A: 957.62IU (19.15%), Vitamin C: 15.35mg (18.61%), Fiber: 4.1g (16.4%), Copper: 0.31mg (15.69%), Folate: 53.4µg (13.35%), Magnesium: 52.2mg (13.05%), Vitamin B6: 0.24mg (11.99%), Vitamin B1: 0.14mg (9.6%), Phosphorus: 95.27mg (9.53%), Iron: 1.67mg (9.26%), Potassium: 311.52mg (8.9%), Vitamin B2: 0.14mg (8.37%), Calcium: 59.07mg (5.91%), Vitamin B3: 1.01mg (5.06%), Zinc: 0.74mg (4.93%), Vitamin E: 0.67mg (4.47%), Vitamin B5: 0.35mg (3.48%), Selenium: 1.44µg (2.05%)