



Honey-Almond Green Beans



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



83 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 1 tablespoon honey
- ☐ 2 pounds green beans
- ☐ 2 tablespoons almonds sliced

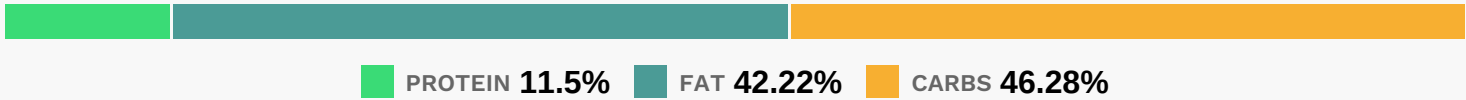
Equipment

- ☐ dutch oven

Directions

- ☐ Mix butter and honey; set aside.
- ☐ Heat 1 inch water (salted if desired) to boiling in 4-quart Dutch oven.
- ☐ Add green beans.
- ☐ Heat to boiling; reduce heat. Boil uncovered 5 minutes. Cover and boil 5 to 10 minutes longer or until crisp-tender; drain.
- ☐ Toss beans and honey mixture.
- ☐ Sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:13.53, Glycemic Load:3.38, Inflammation Score:-7, Nutrition Score:8.7591304233217%

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: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 82.77kcal (4.14%), Fat: 4.31g (6.64%), Saturated Fat: 0.74g (4.6%), Carbohydrates: 10.64g (3.55%), Net Carbohydrates: 7.26g (2.64%), Sugar: 5.96g (6.62%), Cholesterol: 0mg (0%), Sodium: 39.94mg (1.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.29%), Vitamin K: 48.76µg (46.44%), Vitamin A: 907.67IU (18.15%), Vitamin C: 13.85mg (16.79%), Manganese: 0.3mg (15.21%), Fiber: 3.38g (13.52%), Folate: 38.61µg (9.65%), Magnesium: 35.26mg (8.81%), Vitamin B2: 0.15mg (8.75%), Vitamin B6: 0.16mg (8.21%), Vitamin E: 1.21mg (8.09%), Potassium: 260.43mg (7.44%), Iron: 1.27mg (7.07%), Vitamin B1: 0.1mg (6.56%), Phosphorus: 56.03mg (5.6%), Copper: 0.1mg (5.25%), Calcium: 49.89mg (4.99%), Vitamin B3: 0.93mg (4.63%), Vitamin B5: 0.27mg (2.72%), Zinc: 0.36mg (2.37%), Selenium: 0.8µg (1.15%)