



Lemon-Almond Green Beans

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.8 cup chicken broth
- ☐ 28 ounce green beans whole frozen
- ☐ 6 green onions thinly sliced
- ☐ 1 tablespoon lemon rind grated
- ☐ 1 teaspoon seasoned pepper
- ☐ 1 teaspoon salt
- ☐ 0.5 cup slivered almonds toasted

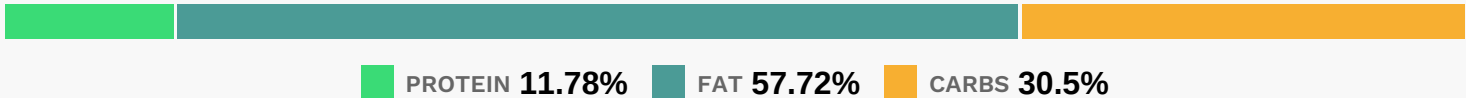
Equipment

☐ frying pan

Directions

- ☐ Melt 3 tablespoons butter in a large skillet over medium-high heat; add 6 thinly sliced green onions, and saute 2 minutes.
- ☐ Add 3/4 cup chicken broth, and bring to a boil.
- ☐ Add 2 (14-ounce) packages frozen whole green beans, 1 teaspoon seasoned pepper, and 1/4 teaspoon salt; cook 5 to 7 minutes or until crisp-tender. Stir in 1 tablespoon grated lemon rind and 1/2 cup toasted slivered almonds.

Nutrition Facts



Properties

Glycemic Index:28.33, Glycemic Load:2.91, Inflammation Score:-8, Nutrition Score:14.367391194986%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.93mg, Quercetin: 4.93mg, Quercetin: 4.93mg, Quercetin: 4.93mg

Nutrients (% of daily need)

Calories: 150.22kcal (7.51%), Fat: 10.56g (16.24%), Saturated Fat: 4.02g (25.12%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 7.35g (2.67%), Sugar: 5.16g (5.73%), Cholesterol: 15.64mg (5.21%), Sodium: 551.65mg (23.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.69%), Vitamin K: 82.76µg (78.82%), Manganese: 0.57mg (28.38%), Vitamin A: 1210.43IU (24.21%), Vitamin C: 19.69mg (23.86%), Fiber: 5.2g (20.8%), Vitamin E: 3.09mg (20.62%), Vitamin B2: 0.27mg (15.94%), Magnesium: 60.94mg (15.23%), Folate: 55.69µg (13.92%), Potassium: 391.32mg (11.18%), Iron: 1.94mg (10.78%), Vitamin B6: 0.21mg (10.45%), Copper: 0.2mg (10.2%), Phosphorus: 101.5mg (10.15%), Vitamin B1: 0.14mg (9.4%), Calcium: 87.71mg (8.77%), Vitamin B3: 1.43mg (7.17%),

Zinc: 0.68mg (4.53%), Vitamin B5: 0.37mg (3.67%), Selenium: 1.45µg (2.07%)