



Lemon-Basil Bean Bowl



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 bacon low-fat crumbled cooked drained ()
- ☐ 2.5 teaspoons dijon mustard
- ☐ 0.3 cup basil fresh chopped
- ☐ 10 ounce baby lima beans frozen cooked drained
- ☐ 1 garlic clove minced
- ☐ 4 cups cut green beans (1-inch) (1 pound)
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 1 teaspoon lemon rind grated
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups plum tomatoes chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon sugar

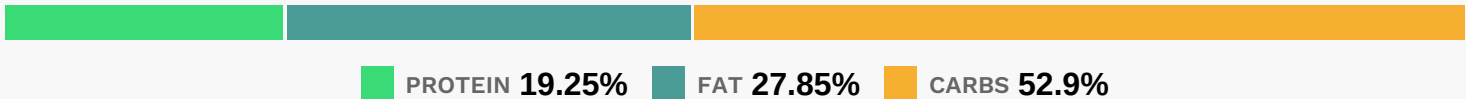
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 9 ingredients in a bowl; stir with a whisk.
- ☐ Steam the green beans, covered, for 8 minutes or until tender.
- ☐ Combine green beans, tomato, and lima beans in a large bowl.
- ☐ Pour basil mixture over bean mixture, and toss well.
- ☐ Sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:53.02, Glycemic Load:2.35, Inflammation Score:-8, Nutrition Score:12.661304293119%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 146.41kcal (7.32%), Fat: 4.79g (7.37%), Saturated Fat: 1.07g (6.71%), Carbohydrates: 20.48g (6.83%), Net Carbohydrates: 14.76g (5.37%), Sugar: 4.46g (4.95%), Cholesterol: 5.28mg (1.76%), Sodium: 241.61mg (10.5%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.9%), Vitamin K: 43.32µg (41.26%), Manganese: 0.6mg (30.13%), Vitamin C: 23.74mg (28.78%), Vitamin A: 1162.75IU (23.25%), Fiber: 5.72g (22.87%), Potassium: 551mg (15.74%), Vitamin B6: 0.27mg (13.38%), Magnesium: 52.59mg (13.15%), Folate: 48.43µg (12.11%), Iron: 2.12mg (11.79%), Phosphorus: 116.23mg (11.62%), Vitamin B1: 0.17mg (11.51%), Vitamin B3: 1.97mg (9.84%), Vitamin B2: 0.14mg (8.2%), Copper: 0.16mg (8.1%), Selenium: 4.93µg (7.05%), Vitamin E: 1.01mg (6.71%), Calcium: 55.95mg (5.6%), Zinc: 0.77mg (5.15%), Vitamin B5: 0.39mg (3.86%)