



Lemon-Dijon Green Beans Almondine



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



121 kcal

SIDE DISH

Ingredients

- 2 Tbsp planters almonds toasted sliced
- 2 Tbsp grey poupon dijon mustard
- 0.3 tsp dill weed
- 1 lb green beans fresh trimmed
- 2 Tbsp juice of lemon
- 2 Tbsp butter

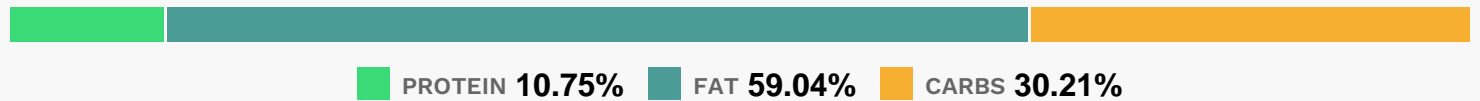
Equipment

- frying pan

Directions

- Melt margarine in large skillet on medium-high heat.
- Add beans; cook and stir 5 min. or until crisp-tender.
- Stir in lemon juice, mustard and dill; cook 2 to 3 min. or until heated through, stirring frequently.
- Sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:2.3, Inflammation Score:-7, Nutrition Score:10.459565219348%

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: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg 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: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 120.66kcal (6.03%), Fat: 8.65g (13.31%), Saturated Fat: 1.44g (8.99%), Carbohydrates: 9.96g (3.32%), Net Carbohydrates: 5.93g (2.16%), Sugar: 4.21g (4.68%), Cholesterol: 0mg (0%), Sodium: 155.44mg (6.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.09%), Vitamin K: 48.87µg (46.55%), Vitamin A: 1039.14IU (20.78%), Vitamin C: 16.79mg (20.35%), Manganese: 0.39mg (19.57%), Fiber: 4.03g (16.13%), Vitamin E: 2mg (13.33%), Magnesium: 46.11mg (11.53%), Vitamin B2: 0.18mg (10.8%), Folate: 41.73µg (10.43%), Vitamin B6: 0.18mg (8.8%), Potassium: 297.88mg (8.51%), Iron: 1.48mg (8.22%), Vitamin B1: 0.12mg (7.99%), Phosphorus: 77.46mg (7.75%), Copper: 0.14mg (6.83%), Calcium: 62.7mg (6.27%), Vitamin B3: 1.06mg (5.32%), Selenium: 3.44µg (4.92%), Zinc: 0.48mg (3.2%), Vitamin B5: 0.32mg (3.17%)