



Lemon-Dill Green Beans

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



177 kcal

SIDE DISH

Ingredients

- ☐ 4 ounce feta cheese crumbled
- ☐ 3 tablespoons optional: dill fresh chopped
- ☐ 1 pound green beans fresh steamed
- ☐ 1 slices garnishes: lemon dill sprigs fresh
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon salt

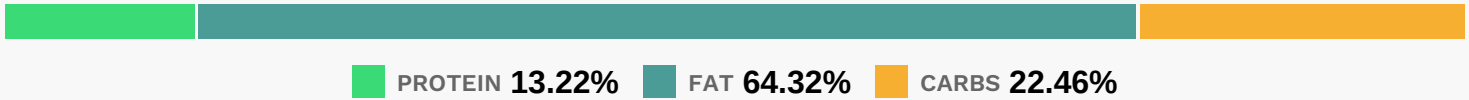
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 5 ingredients in a large bowl; add green beans, tossing gently to coat. Cover and chill 1 hour.
- ☐ Sprinkle with cheese before serving.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:2.53, Inflammation Score:-7, Nutrition Score:12.554782442425%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 177.1kcal (8.86%), Fat: 13.4g (20.62%), Saturated Fat: 4.8g (30.01%), Carbohydrates: 10.53g (3.51%), Net Carbohydrates: 7.34g (2.67%), Sugar: 4.23g (4.7%), Cholesterol: 25.23mg (8.41%), Sodium: 912.07mg (39.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.4%), Vitamin K: 53.49µg (50.94%), Vitamin C: 22.82mg (27.66%), Vitamin B2: 0.36mg (21.31%), Vitamin A: 946IU (18.92%), Calcium: 185.18mg (18.52%), Vitamin B6: 0.29mg (14.57%), Phosphorus: 140.68mg (14.07%), Manganese: 0.26mg (13.19%), Folate: 51.45µg (12.86%), Fiber: 3.19g (12.75%), Vitamin E: 1.56mg (10.37%), Vitamin B1: 0.14mg (9.48%), Magnesium: 35.35mg (8.84%), Potassium: 282.84mg (8.08%), Iron: 1.45mg (8.07%), Vitamin B12: 0.48µg (7.99%), Zinc: 1.11mg (7.38%), Selenium: 4.96µg (7.08%), Vitamin B3: 1.14mg (5.71%), Vitamin B5: 0.56mg (5.6%), Copper: 0.09mg (4.61%)