



Lemon-Garlic Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



21 min.

SERVINGS



8

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup basil fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1.5 pounds haricots verts fresh trimmed (tiny green beans)
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 8 servings lemon zest fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 2 teaspoons salt divided

☐ 3 shallots sliced

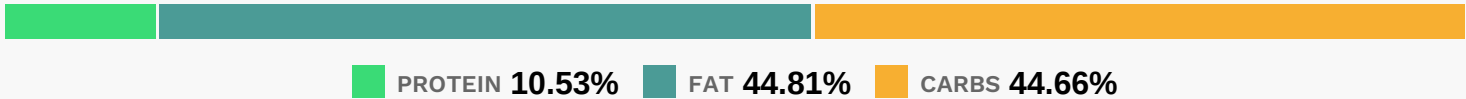
Equipment

☐ frying pan

Directions

- ☐ Cook beans with 1 tsp. salt in boiling water to cover 4 to 5 minutes or until crisp-tender; drain. Plunge beans into ice water to stop the cooking process; drain.
- ☐ Cook garlic and shallots in hot oil in a large nonstick skillet over medium heat 2 minutes or until just golden brown; remove from heat. Stir in basil, next 2 ingredients, and remaining 1 tsp. salt.
- ☐ Add green beans, and toss to coat.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:2.19, Inflammation Score:-6, Nutrition Score:7.7756521183511%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 67.76kcal (3.39%), Fat: 3.74g (5.75%), Saturated Fat: 0.53g (3.33%), Carbohydrates: 8.38g (2.79%), Net Carbohydrates: 5.68g (2.07%), Sugar: 3.67g (4.08%), Cholesterol: 0mg (0%), Sodium: 588.04mg (25.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.95%), Vitamin K: 50.29µg (47.89%), Vitamin C: 14.15mg (17.15%), Vitamin A: 733.05IU (14.66%), Manganese: 0.27mg (13.58%), Fiber: 2.7g (10.79%), Vitamin B6: 0.17mg (8.66%), Folate: 34.29µg (8.57%), Potassium: 230.17mg (6.58%), Magnesium: 25.73mg (6.43%), Iron: 1.13mg (6.28%), Vitamin E: 0.89mg (5.92%), Vitamin B2: 0.09mg (5.57%), Vitamin B1: 0.08mg (5.33%), Calcium: 42.85mg (4.28%), Phosphorus: 41.75mg (4.18%), Copper: 0.08mg (4.15%), Vitamin B3: 0.68mg (3.41%), Vitamin B5: 0.24mg (2.39%),

Zinc: 0.28mg (1.88%), Selenium: 0.8µg (1.14%)