



Lemon Green Bean Bundles



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



82 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 large carrots
- ☐ 0.3 teaspoon basil dried
- ☐ 1.5 pounds green beans fresh
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 teaspoon hot sauce
- ☐ 2 teaspoons lemon rind finely grated
- ☐ 3 quarts water

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ dutch oven
- ☐ peeler

Directions

- ☐ Make-Ahead: Bring 3 quarts water to a boil in a Dutch oven. Meanwhile, wash beans; trim ends, and remove strings. Set beans aside.
- ☐ Cut off and discard 1/2" from each end of carrot. Using a vegetable peeler, cut 8 paper-thin lengthwise strips from carrot; trim ends evenly.
- ☐ Add carrot strips to boiling water in Dutch oven; cook 45 seconds or just until tender.
- ☐ Remove with a slotted spoon; set aside, and cool.
- ☐ Return water to a boil, and add beans. Cook 5 minutes or until crisp-tender.
- ☐ Drain; rinse with cold water, and drain. Gather 8 to 12 cooked beans into a bundle; wrap 1 carrot strip around each bundle. Tie ends in a knot, or tuck ends under each bundle and place in a large baking dish.
- ☐ Melt butter in a small skillet over medium heat. Stir in garlic powder, basil, and hot sauce; cook 30 seconds.
- ☐ Drizzle melted butter mixture over beans. Cover with aluminum foil, and chill up to 1 day.
- ☐ When Ready to
- ☐ Bake beans, covered, at 350 for 10 minutes or until thoroughly heated.
- ☐ Sprinkle with pimienta, if desired, and lemon rind before serving.
- ☐ Serve carefully, keeping bundles wrapped with carrot strips.

Nutrition Facts



 PROTEIN 7.9%  FAT 60.13%  CARBS 31.97%

Properties

Glycemic Index:12.23, Glycemic Load:1.96, Inflammation Score:-9, Nutrition Score:8.2186958138709%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 82kcal (4.1%), Fat: 5.92g (9.11%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 7.09g (2.36%), Net Carbohydrates: 4.46g (1.62%), Sugar: 3.23g (3.59%), Cholesterol: 0mg (0%), Sodium: 99.42mg (4.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Vitamin A: 2344.8IU (46.9%), Vitamin K: 38.3µg (36.47%), Vitamin C: 11.66mg (14.14%), Fiber: 2.63g (10.52%), Manganese: 0.2mg (10.08%), Folate: 30.1µg (7.53%), Vitamin B6: 0.14mg (6.88%), Magnesium: 26.55mg (6.64%), Potassium: 215.27mg (6.15%), Copper: 0.12mg (6.08%), Vitamin B2: 0.1mg (5.73%), Iron: 0.95mg (5.26%), Vitamin B1: 0.08mg (5.17%), Calcium: 48.74mg (4.87%), Vitamin E: 0.63mg (4.23%), Phosphorus: 38.04mg (3.8%), Vitamin B3: 0.72mg (3.6%), Vitamin B5: 0.23mg (2.25%), Zinc: 0.27mg (1.8%)