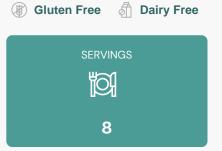


Lemon Green Bean Bundles

READY IN

45 min.





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; cool 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 pimiento, if desired, and lemon rind before serving.
	Serve carefully, keeping bundles wrapped with carrot strips.

Nutrition Facts

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 Myricetin: 0.11mg, Myricetin: 0.11mg,

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: Omg (0%), Sodium: 99.42mg (4.32%), Alcohol: Og (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%)