



Lemon Green Beans with Walnuts



Vegetarian



Gluten Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



195 kcal

SIDE DISH

Ingredients

- ☐ 1 pound green beans trimmed cut into 2 inch pieces
- ☐ 1 juice of lemon juiced
- ☐ 4 servings salt and pepper to taste
- ☐ 2.5 tablespoons butter unsalted melted
- ☐ 0.5 cup walnuts chopped

Equipment

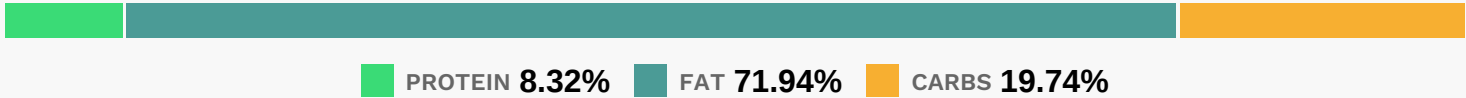
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Arrange nuts in a single layer on a baking sheet. Toast in the preheated oven until lightly browned, approximately 5 to 10 minutes.
- ☐ Place green beans in a steamer over 1 inch of boiling water, and cover. Steam for 8 to 10 minutes, or until tender, but still bright green.
- ☐ Place cooked beans in a large bowl, and toss with butter, lemon juice, and lemon zest. Season with salt and pepper.
- ☐ Transfer beans to a serving dish, and sprinkle with toasted walnuts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:2.43, Inflammation Score:-7, Nutrition Score:11.708260997482%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 195.19kcal (9.76%), Fat: 16.9g (26%), Saturated Fat: 5.45g (34.07%), Carbohydrates: 10.43g (3.48%), Net Carbohydrates: 6.37g (2.31%), Sugar: 4.27g (4.75%), Cholesterol: 18.81mg (6.27%), Sodium: 201.92mg (8.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.8%), Vitamin K: 49.77µg (47.4%), Manganese: 0.75mg (37.3%), Vitamin C: 16.93mg (20.52%), Vitamin A: 1004.48IU (20.09%), Fiber: 4.06g (16.26%), Copper: 0.31mg (15.68%), Folate: 53.52µg (13.38%), Magnesium: 52.09mg (13.02%), Vitamin B6: 0.24mg (12.11%), Vitamin B1: 0.15mg (9.67%), Phosphorus: 96.39mg (9.64%), Potassium: 313.63mg (8.96%), Iron: 1.6mg (8.91%), Vitamin B2: 0.14mg (8.47%), Calcium: 58.96mg (5.9%), Vitamin E: 0.78mg (5.21%), Vitamin B3: 1.01mg (5.03%), Zinc: 0.74mg (4.91%), Vitamin B5: 0.36mg (3.58%), Selenium: 1.49µg (2.13%)