



Lemon-Roasted Green Beans with Marcona Almonds

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



124 kcal

SIDE DISH

Ingredients

- 0.5 cup almonds coarsely chopped
- 8 servings kosher salt
- 2 pounds green beans trimmed
- 1 tablespoon juice of lemon fresh
- 1 teaspoon lemon zest packed finely grated ()
- 6 large marjoram fresh
- 2 tablespoons olive oil extra virgin extra-virgin

1 onion peeled cut into 8 wedges

Equipment

bowl

baking sheet

oven

Directions

Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 450°F. Spray 2 large rimmed baking sheets with nonstick spray.

Combine green beans, onion wedges, and marjoram in large bowl.

Drizzle with oil, then sprinkle with coarse kosher salt and pepper. Toss; divide between prepared sheets.

Roast vegetables 15 minutes. Reverse sheets. Continue to roast until beans are tender and beginning to brown in spots, about 10 minutes longer.

Transfer vegetables to bowl.

Add lemon juice, grated lemon peel, and half of chopped almonds. Toss to coat; season with salt and pepper.

Sprinkle with remaining almonds.

Nutrition Data

See Nutrition Data's analysis of this recipe ›

Nutrition Data

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Data's complete analysis of this recipe›

Nutrition Data

Nutrition Facts



PROTEIN 12.21% FAT 54.47% CARBS 33.32%

Properties

Glycemic Index:14.38, Glycemic Load:2.6, Inflammation Score:-7, Nutrition Score:11.929565217184%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg

Nutrients (% of daily need)

Calories: 124.14kcal (6.21%), Fat: 8.23g (12.67%), Saturated Fat: 0.89g (5.54%), Carbohydrates: 11.34g (3.78%), Net Carbohydrates: 6.87g (2.5%), Sugar: 4.73g (5.26%), Cholesterol: 0mg (0%), Sodium: 201.76mg (8.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.31%), Vitamin K: 63.22µg (60.21%), Manganese: 0.47mg (23.44%), Vitamin E: 3.27mg (21.79%), Vitamin C: 16.9mg (20.48%), Fiber: 4.47g (17.88%), Vitamin A: 846.23IU (16.92%), Magnesium: 54.39mg (13.6%), Vitamin B2: 0.22mg (13.22%), Folate: 45.51µg (11.38%), Vitamin B6: 0.19mg (9.53%), Potassium: 331.42mg (9.47%), Phosphorus: 90.68mg (9.07%), Iron: 1.6mg (8.89%), Copper: 0.18mg (8.87%), Vitamin B1: 0.12mg (7.93%), Calcium: 70.8mg (7.08%), Vitamin B3: 1.18mg (5.92%), Zinc: 0.58mg (3.9%), Vitamin B5: 0.32mg (3.2%), Selenium: 1.12µg (1.6%)