



## Lemony Green Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



56 kcal

SIDE DISH

### Ingredients

- 0.5 cup teaspoon basil dried fresh chopped
- 2 pounds green beans fresh trimmed
- 6 green onions chopped
- 3 tablespoons juice of lemon fresh
- 2 teaspoons lemon rind grated
- 1 tablespoon olive oil
- 0.5 teaspoon pepper
- 0.5 teaspoon salt

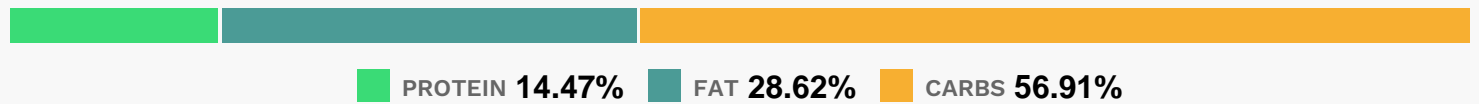
# Equipment

- bowl
- whisk

# Directions

- Cook beans in boiling water to cover 15 minutes; drain.
- Place beans in a large bowl.
- Whisk together lemon rind and next 4 ingredients.
- Pour mixture over beans.
- Add onions and basil, tossing to coat.

# Nutrition Facts



# Properties

Glycemic Index:22.5, Glycemic Load:2.39, Inflammation Score:-7, Nutrition Score:9.9786955740141%

# 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: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

# Nutrients (% of daily need)

Calories: 55.63kcal (2.78%), Fat: 2.05g (3.15%), Saturated Fat: 0.31g (1.91%), Carbohydrates: 9.15g (3.05%), Net Carbohydrates: 5.73g (2.08%), Sugar: 4.07g (4.53%), Cholesterol: 0mg (0%), Sodium: 153.79mg (6.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.65%), Vitamin K: 74.87µg (71.31%), Vitamin C: 18.62mg (22.57%), Vitamin A: 952.57IU (19.05%), Manganese: 0.29mg (14.68%), Fiber: 3.42g (13.68%), Folate: 45.41µg (11.35%), Vitamin B6: 0.17mg (8.58%), Magnesium: 31.74mg (7.93%), Potassium: 276.84mg (7.91%), Iron: 1.38mg (7.67%), Vitamin B2: 0.13mg (7.51%), Vitamin B1: 0.1mg (6.68%), Calcium: 52.76mg (5.28%), Vitamin E: 0.79mg (5.26%), Phosphorus: 47.97mg (4.8%), Copper: 0.09mg (4.73%), Vitamin B3: 0.9mg (4.51%), Vitamin B5: 0.28mg (2.76%), Zinc: 0.33mg (2.17%), Selenium: 0.75µg (1.08%)