



Lemony Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

68 kcal

SIDE DISH

Ingredients



1 cloves garlic minced pressed



2 pounds green beans ends trimmed



1 slices optional: lemon thin



2 tablespoons juice of lemon



1 teaspoon lemon zest shredded finely



2 tablespoons olive oil



2 tablespoons parsley chopped



8 servings salt and pepper

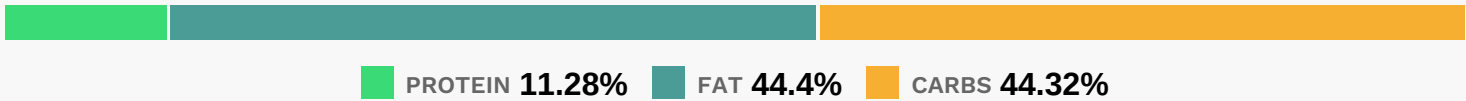
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 5- to 6-quart pan over high heat, bring about 3 quarts water to a boil.
- ☐ Add beans. Stir occasionally until tender-crisp to bite, 4 to 5 minutes.
- ☐ Drain.
- ☐ In a large bowl, combine oil, lemon peel, lemon juice, parsley, and garlic.
- ☐ Add beans and mix to coat.
- ☐ Add salt and pepper to taste.
- ☐ Pour into a serving dish and garnish with lemon slices.

Nutrition Facts



Properties

Glycemic Index:16.69, Glycemic Load:2.29, Inflammation Score:-7, Nutrition Score:9.1747825871343%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 68.21kcal (3.41%), Fat: 3.77g (5.8%), Saturated Fat: 0.54g (3.4%), Carbohydrates: 8.47g (2.82%), Net Carbohydrates: 5.31g (1.93%), Sugar: 3.84g (4.26%), Cholesterol: 0mg (0%), Sodium: 201.36mg (8.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.31%), Vitamin K: 67.27µg (64.07%), Vitamin C: 17.52mg (21.24%), Vitamin A: 867.26IU (17.35%), Manganese: 0.25mg (12.7%), Fiber: 3.16g (12.66%), Folate: 39.83µg (9.96%), Vitamin B6: 0.17mg (8.41%), Magnesium: 29.28mg (7.32%), Potassium: 251.86mg (7.2%), Vitamin B2: 0.12mg (7.07%), Iron:

1.27mg (7.04%), Vitamin E: 0.98mg (6.56%), Vitamin B1: 0.1mg (6.4%), Calcium: 44.96mg (4.5%), Phosphorus: 44.72mg (4.47%), Vitamin B3: 0.85mg (4.27%), Copper: 0.08mg (4.11%), Vitamin B5: 0.27mg (2.69%), Zinc: 0.29mg (1.94%), Selenium: 0.74µg (1.06%)